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- ≺ Siti Khaliesah Nataliea Muhamad Khairizal, 9, Kuala Lumpur, surrounded by a week's worth of food

Photograph by Gregg Segal

ON THE COVER: Photograph by Olaf Blecker for TIME

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#### The Good News

READING THE NEWS TODAY DOES NOT exactly leave you feeling optimistic. Hurricanes in the Americas. Horrific mass shootings. Global tensions over nuclear arms, crisis in Myanmar, bloody civil wars in Syria and Yemen. Your heart breaks for every person who is touched by these tragedies. Even for those of us lucky enough not to be directly affected, it may feel like the world is falling apart.

But these events—as awful as they are—have happened in the context of a bigger, positive trend. On the whole, the world is getting better.

This is not some naively optimistic view; it's backed by data. Look at the number of children who die before their fifth birthday. Since 1990, that figure has been cut in half. That means 122 million children have been saved in a quartercentury, and countless families have been spared the heartbreak of losing a child.

And that's just one measure. In 1990, more than a third of the global population lived in extreme poverty; today only about a tenth do. A century ago, it was legal to be gay in about 20 countries; today it's legal in over 100 countries. Women are gaining political power and now make up more than a fifth of members of national parliaments—and the world is finally starting to listen when women speak up about sexual assault. More than 90% of all children in the world attend primary school. In the U.S., you are far less likely to die on the job or in a car than your grandparents were. And so on.

I'm not trying to downplay the work that remains. Being an optimist doesn't mean you ignore tragedy and injustice. It means you're inspired to look for people making progress on those fronts, and to



help spread that progress more widely. If you're shocked by the idea of millions of children dying, you ask: Who is good at saving kids, and how can we help them do more? (This is essentially why Melinda and I started our foundation.)

So why does it feel like the world is in decline? I think it is partly the nature of news coverage. Bad news arrives as drama, while good news is incremental—and not usually deemed newsworthy. A video of a building on fire generates lots of views, but not many people would click on the headline "Fewer buildings burned down this year." It's human nature to zero in on threats: evolution wired us to worry about the animals that want to eat us.

There's also a growing gap between the bad things that still happen and our tolerance of those things. Over the centuries, violence has declined dramatically, as has our willingness to accept it. But because the improvements don't keep pace with our expectations, it can seem like things are getting worse.

To some extent, it is good that bad

news gets attention. If you want to improve the world, you need something to be mad about. But it has to be balanced by upsides. When you see good things happening, you can channel your energy into driving even more progress.

That is what I hope you will take from this issue of TIME. I've asked some of the people I respect most to write about what makes them optimistic. You'll learn surprising facts about the state of the world, and you'll meet heroes who save lives every day. It's a crash course in why and how the world is improving. I hope you'll be inspired to make it even better.

Bile Stes

Bill Gates, GUEST EDITOR

#### TALK TO US

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# STRONG

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**DONALD TRUMP**, U.S. President, responding to North Korean dictator Kim Jong Un's claim that he has a nuclear button on his office desk

1,950

Number of false or misleading claims that President Trump has made in 347 days in office



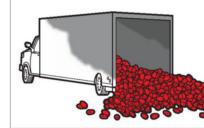
#### \$19.6 million

Amount of money, in lottery winnings, that could be doled out to South Carolinians after a computer glitch caused store computers to accidentally print too many winning tickets

#### 'What is Gangster's Paradise Lost?'

NICK SPICHER, Jeopardy! contestant, mispronouncing rapper Coolio's similar-sounding song "Gangsta's Paradise," an error that cost him \$3,200 after responding to the clue "A song by Coolio from Dangerous Minds goes back in time to become a 1667 John Milton classic"

40,000



Amount, in pounds, of avocados that an overturned truck spilled onto a Texas interstate south of Dallas after catching fire; no injuries were reported

Book clubs
David Bowie's
son launched an
online book club
featuring his late
father's favorite
novels



Bookstores
The U.S. chain
Book World is
closing after nearly
42 years in
business

# 'EVERYONE SHOULD WANT TO REPAY THEIR PARENTS FOR RAISING THEM ONCE THEY'VE GROWN OLD.'

WU CHIH-HANG, 30-year-old Taipei dentist, agreeing with the ruling of Taiwan's highest court that another dentist must pay \$1 million to his mother, who paid for his dental-school education on the basis of a written agreement that his earnings would support her

# 'DO NOT EXTINGUISH THE HOPE IN THEIR HEARTS.'

POPE FRANCIS, calling on world leaders to do more to help refugees in his New Year's address

#### 'This is nothing.'

HASSAN ROUHANI, Iranian President, speaking to lawmakers amid violent antigovernment protests that erupted on Dec. 28 and left more than 20 dead

# TheBrief

'THE U.S. AND CHINA WILL COMPETE TO MASTER AI AND SUPERCOMPUTING, AND WILL BATTLE FOR MARKET DOMINANCE.' —PAGE 8



Demonstrators took to the streets of Tehran on Dec. 30 to protest high living costs

WORLD

# The Iran protests expose a deep fault line in the Islamic Republic

**By Karl Vick** 

HISTORY IS LITTERED WITH THE charred remains of fires lit for a discreet purpose, only to burn out of control. One may be immolating Iran now.

In the country's 2017 presidential election, conservatives calculated that the best way to unseat moderate Hassan Rouhani was to point out to Iranians how poor they were. The idea was to sandbag Rouhani for failing to deliver the windfall that was expected when economic sanctions ended with the suspension of Iran's nuclear program, a deal the President had championed for four years.

It turned out that Iranians measure their suffering in decades. In Iran, all hard times have their roots in a dysfunctional economy that has been in place since the 1979 Islamic revolution. The system benefits the country's clerical elite and leaves ordinary people seething with the bitterness that has been pouring into the streets since Dec. 28.

The very first demonstration, in the northeastern shrine city of Mashhad, may have been arranged by hardliners intent on punishing Rouhani in his (handily won) second term. But subsequent uprisings appeared to spread organically, encouraged by social media and a feeling of nothing left to lose. "What we are seeing now is the result of a sort of distrust between the state and the people," says Amir Mohebbian, a conservative political analyst in Tehran. "Politicians and statesmen, instead of trying to solve the problems of the populaces, are continually busy aggrandizing issues and blaming the other side for it."

To the alarm of Iran's ruling clerics, complaints about economic inequality were followed by calls for regime change. "You used Islam to make us poor" was the chant in one provincial capital. U.S. President Donald Trump gleefully egged on protesters, disregarding fears that U.S. foment might be used to justify a crackdown that by Jan. 3 had left at least 21 people dead.

Supreme Leader Ayatullah Ali Khamenei reliably laid the blame for the unrest with "enemies of Iran," but also shrewdly invoked the specters of Syria and Libya, where popular uprisings in 2011 led to chaos and civil war. But Syria was already a topic in the streets as Iran's heavy spending on regional conflicts was condemned. "Get out of Syria and take care of us," marchers shouted.

Where the protests will lead is hard to determine. In the past, memories of the violent decade that followed the 1979 revolution has held back protests—as has the regime's powerful internal security apparatus, which shut down the private-messaging service Telegram (after using it to warn Iranians). On the other hand, over 60% of Iranians were not alive in 1979, and many live in the hinterlands where prospects are especially dim.

The uprising that brought the regime to power began in a strikingly similar fashion. "The revolution of 1979 began with scattered protests in a shrine city by a relatively small number of protesters," notes University of North Carolina sociologist Charles Kurzman, referring to Qum. "In weeks it spread to several other cities, and within a year had grown to a massive, largely peaceful uprising." Kurzman's 2004 book, *The Unthinkable Revolution in Iran*, charted the social dynamics of the revolt, which surprised even Iranians who took part in it. "Things can change overnight," he said. "People's assessment of both the costs and the benefits can change really dramatically when they think other people are getting involved."

So far the new protests have been relatively small, but they have grown in number—at least 38 towns and cities saw demonstrations on Jan. 1 alone, an official told TIME—and possibly in intensity; in one city, state television said protesters had tried to take guns from police. In Tehran, a veteran activist paraphrased 2009 presidential candidate Mir-Hossein Mousavi, whose contested loss led to the huge demonstrations named for his campaign color. "The Green Movement was the last time anybody tried to bring about change in the Islamic Republic peacefully," the activist said. "When peaceful demonstrations are viciously suppressed, it is only natural that they will be replaced by violent protests." So far the regime has held back from scaling up its response. But when it does, few are expecting a jobs program. — With П reporting by KAY ARMIN SERJOIE/TEHRAN



#### TICKER

#### YouTuber: Sorry for suicide video

YouTube star Logan Paul apologized after sparking outrage for posting a video that showed the body of an apparent suicide victim in a Japanese forest at the base of Mount Fuji. Paul told his millions of followers that he had "intended to raise awareness for suicide and suicide prevention."

#### U.S. Senator Orrin Hatch to retire

Utah Senator Orrin
Hatch, the longestserving member of
the Republican Party
in the upper chamber,
announced his plan
to retire at the end of
2018, paving the way
for former presidential
contender Mitt Romney
to run for the seat.

#### U.S. missile would break Russia treaty

The \$700 billion defense bill signed by President Trump in December included a \$25 million fund to develop a new road-mobile, ground-launched cruise missile prohibited by a 1987 Cold War armscontrol agreement with Russia, an analysis by TIME found.

#### Americans to break meat-eating record

The average American is set to eat 222.2 lb. (100.8 kg) of red meat and poultry in 2018, according to the U.S. Department of Agriculture, surpassing a record set in 2004. Egg demand will also reach an all-time high.

#### POLITICS

### Who's who in Italy's upcoming elections

ITALY'S PRESIDENT SERGIO
Mattarella dissolved the Parliament
on Dec. 28 ahead of a March 4 general
election. No party is projected to win
a majority, leaving the key players in
search of a coalition to run the euro
zone's third largest economy. Here are
the front runners:

FIVE STAR MOVEMENT The Euroskeptic, antiestablishment party, led by Luigi Di Maio, tops the polls with close to 30% of the vote. Founded in 2009 by comedian Beppe Grillo, the party promises to clean up corruption in Italian politics. Until now, it has refused to form alliances with the mainstream parties.

DEMOCRATIC PARTY The ruling
Democratic Party, of which current
Prime Minister Paolo Gentiloni is a
member, is second in the polls, with
about 23% of the vote. Internal splits
and a banking scandal have hurt its
popularity. The question now is whether
Gentiloni or the party's secretary, former
Prime Minister Matteo Renzi, will be its
candidate for leader.

FORZA ITALIA The party of the four-time Premier Silvio Berlusconi is third in the polls. However, the octogenarian is prohibited from taking office again, due to a tax-fraud conviction.

NORTHERN LEAGUE Under the leadership of Matteo Salvini, the anti-E.U. and anti-migrant party has gained popularity by tacking to the right. It plans to join forces with Forza Italia, but polls suggest that an alliance will fall short of the 40% needed to create a governing majority.

-TARA JOHN

> Mattarella formally opened the election campaign on Dec. 28 when he dissolved the Parliament







**TIME'S UP** An electronic billboard in New York City's Times Square displays a photograph of women who spoke out against sexual assault and harassment, and were named TIME's 2017 Person of the Year as the Silence Breakers, on Dec. 31. The image, by photographers Billy & Hells, appeared on the cover of the magazine and was included in the New Year's Eve festivities as part of a campaign by Twitter. *Jackson Lee—DIVE Networks* 

DIGITS

4,501,967

Number of complaints the Federal Trade Commission received in fiscal year 2017 about robocalls



#### CIVIL RIGHTS

#### Iceland makes equal pay the law

On Jan. 1, Iceland became the first country in the world to make it illegal to pay men more than women for doing the same job, an inequality that exists in almost every country. —Tara John



#### **THE LAW**

The new rules stipulate that all companies and government agencies employing at least 25 people will have to obtain government certification of their equalpay policies. Employers will face fines if they are found to be in violation. The current gender pay gap in Iceland is about 14% to 18%; the government reportedly plans to eradicate it by 2022.

#### THE CULTURE

The small island nation has been ranked as the globe's most gender-equal country by the World Economic Forum for nine years in a row. Nearly half of Iceland's parliamentarians are women, and the country has had a female President for 20 of the last 50 years. As of 2015, 44% of boardroom executives in Iceland were female, compared with an OECD average of 20%.

#### THE REST OF THE WORLD

Wage disparity between men and women remains a global issue. In the E.U., women earn 84¢ for every dollar earned by men. In the U.S., that figure is 80.5¢, according to the Census Bureau—and the gap is even higher for American women of color.

THE RISK REPORT

### The global order is coming apart, and liberal democracy is under threat. Welcome to 2018

**By Ian Bremmer** 

MARKETS ARE SOARING, BUT THERE ARE DEEP DIVISIONS among citizens of both developed and developing countries as we enter 2018. Liberal democracy is leaking legitimacy, and the global order is unraveling. Consequently, this year looks especially ripe for an unexpected crisis: the geopolitical equivalent of the 2008 financial meltdown. The risk of a geopolitical depression—as the U.S.-led order erodes and no other country or set of countries stands ready or interested to rebuild it—forms the backdrop for Eurasia Group's top 10 risks this year:

#### 1. CHINA RISING

At a moment of policy incoherence in Washington, Beijing has redefined China's external environment, developed the world's most effective global trade and investment strategy, and used tech companies to advance state interests. The global business environment must adapt to China's new sets of rules, standards and practices. U.S.-China conflicts, especially involving trade, will become more likely.

#### 2. ACCIDENTS

There arguably hasn't been a major geopolitical crisis since 9/11, but there are now many places where a misstep or misjudgment could provoke serious conflict, including cyberspace, North Korea, the crowded Syrian battlefield, and Russia and Europe as ISIS fighters from Syria and Iraq disperse.

#### 3. THE TECH COLD WAR

The world's biggest fight over economic power centers on the development of new information technologies. The U.S. and China will compete to master AI and supercomputing, and will battle for market dominance. Elsewhere, governments must decide whom to trust and whose products and standards to embrace. As the tech commons fragments, both market and security risks emerge.

#### 4. MEXICO'S MOMENT

This year will be a defining one for Mexico as the NAFTA renegotiation comes to a head and voters choose a new President. Uncertainty over the trade deal's future will disproportionately harm the Mexican economy. given the country's deep reliance on U.S. trade. Public anger at the government has risen, thanks to corruption scandals, drug gangs and sluggish growth. Demand for change favors the leftist presidential candidate Andrés Manuel López Obrador, who represents a fundamental break with investorfriendly policies.

#### **5. U.S.-IRAN RELATIONS**

Donald Trump has it in for Iran. If his Administration

pushes sanctions in response to ballistic-missile tests, perceived support for terrorism and human-rights violations, the nuclear deal might not withstand the pressure. If it were to collapse, Iran would ramp up its nuclear program, creating another dangerous flashpoint.

#### **6. ERODING INSTITUTIONS**

Governments, political parties, courts, the media and financial institutions continue to lose the public credibility on which their legitimacy depends. The populism apparent in the Brexit vote and election of Trump will create a toxic antiestablishment populism in developing countries as well.

#### 7. PROTECTIONISM 2.0

The rise of antiestablishment movements in developed markets has forced policymakers to shift toward a more zerosum approach to global economic competition. As a result, walls are going up. New barriers are less visible: instead of import tariffs and quotas, today's tools of choice include

measures such as bailouts, subsidies and "buy local" requirements.

#### **8. BRITISH BRAWLS**

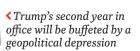
Britain faces both acrimonious Brexit negotiations and the risk of domestic political turmoil. On Brexit, expect endless fights over details between and within the two sides. Management of Brexit could yet cost Prime Minister Theresa May her job. If so, her party would likely replace her with a more hard-line figure, significantly complicating negotiations.

#### 9. IDENTITY POLITICS IN SOUTHERN ASIA

Islamism in parts of
Southeast Asia fuels local
forms of populism, most
prominently in Indonesia
and Malaysia. Persecution
of Myanmar's minority
Muslim Rohingya has
triggered a humanitarian
crisis. In India, Prime
Minister Narendra Modi
may use nationalism to
consolidate support ahead
of the 2019 election.

#### **10. AFRICA'S SECURITY**

Negative spillover from unstable countries like Mali, South Sudan and Somalia will infect core countries such as Ivory Coast, Nigeria, Kenya and Ethiopia. These countries face increased security costs at a time when their governments need to reduce spending, and increased militancy and terrorist attacks would undermine foreign investor sentiment.





### IKE SEGAR—REUTERS

#### **Milestones**

#### DIED

Thomas Monson, the 16th leader of the Church of Jesus Christ of Latter-day Saints, at 90. Monson, who assumed the role in 2008, was credited with a surge in Mormon missionaries after lowering the age limits for service.

Sue Grafton, the author behind the alphabetically titled murdermystery series about private investigator Kinsey Millhone, at 77.

#### APPOINTED

Tina Smith as Minnesota Senator, replacing Al Franken, who resigned over sexualharassment claims. She is the 22nd woman to serve in the current U.S.

Senate, a record.

#### OPENED

California's first retail cannabis stores, on Jan. 1, two decades after the state became the first to allow medicinal marijuana.

#### **SUED**

Music-streaming service Spotify for \$1.6 billion, by Wixen Music Publishing on behalf of artists including the Beach Boys and Neil Young. The suit claims that Spotify doesn't have the full rights to thousands of songs.



Garner in New York City on Jan. 15, 2015

#### DIEI

#### **Erica Garner**Civil rights activist

By Areva Martin

"EVEN WITH MY OWN HEARTBREAK, WHEN I DEMAND justice, it's never just for Eric Garner. It's for my daughter; it's for the next generation of African Americans."

Those were the powerful words of Erica Garner, who died on Dec. 30 at age 27 after suffering a heart attack. Her death was especially sad because it brought back painful memories of how her father died: an unarmed black man choked to death by police in 2014, despite his 11 desperate cries that he couldn't breathe.

After he died, Garner's life took a turn that she didn't anticipate: she became an activist, calling for the police to be held accountable for her father's death. She led demonstrations against police brutality in New York City and marched side by side with Black Lives Matter activists.

Before her own tragic death, Garner said she was seeking justice for her father and others like him. "People ask, 'When will you stop marching? What do you want from marching?" Garner said. "He was my father. I will always march."

As a civil rights attorney who has marched in the streets and battled in the courts for the same causes, I will honor Garner's memory by continuing the fight. Wherever there is inequality or injustice, I, too, will always march.

Martin is a civil rights attorney and advocate



#### TICKER

#### North, South Korea resume contact

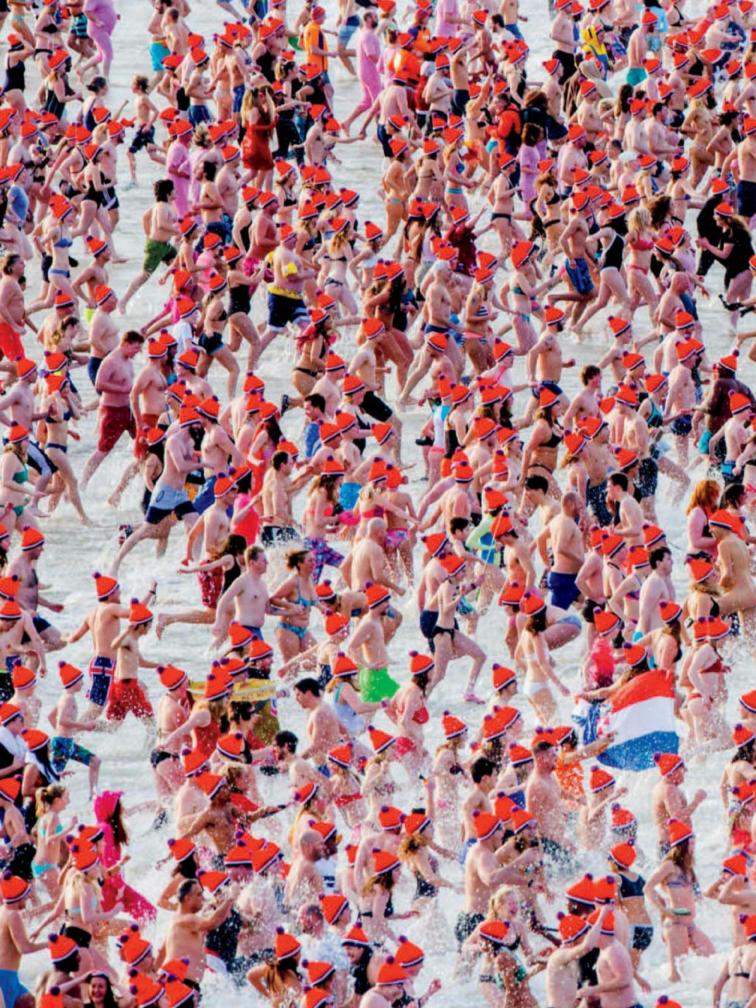
North Korea's Kim Jong Un re-established contact with South Korea on a crossborder hotline for the first time in nearly two years. The two nations connected twice on Jan. 3, hinting at a thaw in relations. The reopening of the communication channel, one day after U.S. President Donald Trump challenged Kim over who had the bigger "nuclear button," raised questions of whether Seoul might part ways with Washington on addressing the North's nuclear arsenal.

#### Ethiopia to release political prisoners

Ethiopian leader
Hailemariam Desalegn
announced plans to
release all political
prisoners and close
a notorious detention
center in what he said
was an effort to "widen
the democratic space."
The move follows antigovernment protests
and criticism by humanrights groups over the
stifling of opposition.

#### Trump threatens to stop Palestinian aid

President Trump used
Twitter to threaten to
cut off aid money to the
Palestinian Authority,
claiming the U.S.
gets "no appreciation
or respect" in
return. Some Israeli
lawmakers applauded
the tweet, while an
adviser for Palestinian
Authority President
Mahmoud Abbas
said Trump "is not a
serious man."





THE NEXT
GREAT ITALIAN
MASTERPIECE

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# TheView

'MEDITATION CAN HELP YOU SURVIVE THIS SEASON OF DISCONTENT AND DIVISION.' —PAGE 15



Kotb, left, and co-host Savannah Guthrie on set the day her promotion was announced

**POWER SHIFT** 

# Women are getting male harassers' jobs. But don't call it a coup

By Belinda Luscombe

IF 2017 CLOSED WITH MEN ON THE retreat, then 2018 started off with women on the advance. On day two of the New Year, Hoda Kotb officially became a co-host of NBC's Today show, taking the seat vacated by Matt Lauer, who was let go after allegations of sexual harassment and misconduct. The announcement of Kotb's promotion was greeted with the sort of joy normally reserved for the winner of a national election. Which it was, in a sense. It's not just that this is one of the first times in American history that an all-female team will guide the nation through the terrain of morning TV news. It's that a talented woman is replacing a man who appears to have imagined himself so untouchable that he could touch anyone anywhere anytime.

Kotb's prime-time gig puts a 4.6 million-viewer data point on a trend emerging from the wreckage of the reckoning. TIME has counted more than 100 high-profile men (and one woman) called out for sexual misconduct since the first Harvey Weinstein story broke, in October. Many of those guys lost their jobs. And now women are being hired to do some of them. Christiane Amanpour is hosting in Charlie Rose's old spot. Alex Wagner will take Mark Halperin's place on Showtime's politics show *The Circus*. Robin Wright became House of Cards' leading star after Kevin Spacey got the ax. Top editors at National Public Radio and the Paris Review are now women. Tina Smith has just filled Al Franken's Minnesota Senate seat.

On it goes, and likely will keep going.

On many levels, for many people, this turn of events feels deeply satisfying. When is justice ever this prompt? When is progress ever this visible? It says change can happen literally overnight. One day an accomplished man is accused of treating women like objects, and the next day, boom, he's been replaced by said object.

But it's a mistake to think of this as a revolution, or even as women pulling off a bloodless coup against the patriarchy—and not just because those rarely end well. These now disgraced men are not being replaced by women as an act of revenge, but because the women are the best candidates for the job. It's promotion of the fittest. It's evolution.

"Not only are these positions all being filled by women, but they are being filled by really superqualified women who have been around the whole time," says Patty McCord, a former chief talent officer at Netflix and the author of *Powerful*, a book on corporate culture and how to change it. One of the historical explanations for the dearth of women in leadership positions, she notes, is that there aren't enough women with the relevant experience. No longer. "This puts the kibosh on the idea that the problem is the pipeline," she says.

While signs of change are thrilling, let's not break into a victory song just yet; most of the iceberg is still underwater, and those at the bottom are still frozen out. According to the left-leaning Center for American Progress, sexual-harassment complaints in health care, hospitality, food and other service sectors, where women represent more than half of all workers, vastly outnumber those in media and entertainment. And the government agency that handles such complaints, the Equal Employment Opportunity Commission, has a backlog of cases that runs into the tens of thousands.

"We need to see how deep this change goes," says Ellen Bravo, co-director of the advocacy group Family Values @ Work, who has been tracking the issue since her book *The 9 to 5 Guide to Combating Sexual Harassment* was first published, in 1992. "We've seen sparks before, and then either a backlash or a flagging. This is a step."

Kotb, Amanpour and their incidental sisterhood are going to be under considerable pressure to perform, since there will be some suspicion that they got the jobs in the name of overcorrection, not talent. And they have the added responsibility of making sure they bring others along with them. Just before Kotb's promotion was announced, 300 female actors, producers and media types announced a new initiative to end harassment in ways that would go beyond their own sparkly industry. The loosely affiliated group has a name that seems to sum up the prevailing state of affairs: Time's Up.

#### BY THE NUMBERS

#### Why 2017 was so safe for flyers

ACCORDING TO BOTH THE AVIATION SAFETY NETWORK (ASN) AND Dutch aviation consulting firm To70, 2017 was the safest year ever in commercial airline travel. There were zero commercial passengerjet deaths last year worldwide; 79 people died in airliner accidents (combining fatalities onboard and on the ground, of both cargo planes as well as scheduled and non-scheduled passenger planes). Twelve of the 44 onboard fatalities were from a Dec. 31 crash in Costa Rica; 10 of the deceased were Americans.

In a Jan. 2 tweet, President Trump claimed credit for the superlative year, citing his "strict" policies on commercial aviation. While the last person to die in a commercial jet accident was in 2016 in Colombia, there have been no such deaths in the U.S. since 2013, and airliner accidents have been declining since 1997. Trump did propose in June to privatize the air-traffic control system—a measure Congress has not approved. (Outgoing Congressman Bill Shuster introduced a similar act in 2016.) Yet ASN president Harro Ranter said the increase in safety was due to efforts by international aviation organizations and the industry itself.—ALANA ABRAMSON

#### DIGITS



Number of all-electric public buses that the Chinese city of Shenzhen now has in use, according to an official announcement; the buses are part of a pilot

program for the

country

300

Number of electric buses used for public transit across the U.S., according to a December analysis by Reuters; American cities use only about 65,000 public buses nationwide

#### CHARTOON

#### **Everyday superpowers**



JOHN ATKINSON, WRONG HANDS



ADVICE

#### Meditation can help in the era of angry politics

By Dan Harris

MEDITATION IS BY NO MEANS A CURE-ALL for our era of mean tweets and mindless tribalism. I've been meditating for years, and yet during one of the Trump-Clinton presidential debates I stress-ate a family-size bag of popcorn. I didn't realize what I'd done until I looked down to see my feet surrounded by stray kernels. Nevertheless, I really do believe meditation can help you survive this season of discontent and division.

When you're blinded by outrage, you're unable to understand the views of people with whom you disagree. A consistent meditation practice can help you know your biases. Does your heart soar every time the Mueller probe inches closer to the White House? Or do you own a mug emblazoned with the words LIBERAL TEARS? When you're more aware of your own tribal instincts, you may be more inclined to venture out of your ideological bubble and examine opposing views. Next thing you know, you're refraining from nasty tweets and even having civil conversations with your uncle. Cutting down on wasted emotional churn frees up energy to do things that really make a difference,

like volunteering. Multiply this by enough people and it could inject significant light into America's chasm of toxicity.

I recently took a road trip across America, with the goal of meeting wannabe meditators and helping them get over the hump. Time was clearly the biggest obstacle. The good news is that five to 10 minutes a day is a great way to start. The better news is that if five to 10 minutes is too much, one minute still counts. The instructions include just three steps:

- 1. Sit comfortably. You don't have to be cross-legged—a chair will do.
- 2. Close your eyes and bring your full attention to the feeling of your breath. Pick a spot where it's most prominent: nose, belly or chest.
- 3. Every time you get distracted—which you will, a million times—just begin again.

I'm not guaranteeing you bulletproof imperturbability, but short daily doses of meditation can make you meaningfully less likely to do things you will later regret. And there's something else. Sitting and watching your insane inner torrent puts you in touch with a fundamental truth: everything changes. This can be a bitter pill. Nothing lasts—not the dopamine hit from a fistful of popcorn, not even your life. But at a time of national tumult, a felt sense of impermanence can also be deeply comforting.

Harris, an ABC News anchor, is the author of Meditation for Fidgety Skeptics

#### HISTORY

#### How blood banks came to life

Since 1970, the Red Cross and other groups have marked January as National Blood Donor Month in the U.S. to inspire contributions. But the first fix to the dearth of donors looked to a more morbid crowd.

During World War I, doctors experimented with connecting a volunteer's artery to a recipient's vein. but the Soviet Union was too sprawling to get matches into a room. So it found a different solution. "The first blood bank actually consisted of cadaver blood in Moscow," says Douglas Starr, author of Blood: An Epic History of Medicine and Commerce. In one 1930 case, a surgeon gave blood from a man fatally hit by a bus to a young engineer who had attempted suicide.

After reading about such controversial efforts, Chicago doctor Bernard Fantus had an idea: use live volunteers instead. The first American blood bank thus opened on March 15, 1937, at Cook County Hospital—usefully timed to World War II.

But those who see donating blood as patriotic (donations peaked during the Cold War) have grown too old to give. The challenge now is finding young donors to replace them.

—Olivia B. Waxman



**Mohamad Nasir** just celebrated his fifth birthday. If he'd been born only a few years earlier, Mohamad may not have hit this milestone. That's just one reason among many why we should look up—and ahead

#### plus:

#### WARREN BUFFETT

On the upside of the economy

#### **AVA DUVERNAY**

On the lessons of history

#### **MALALA YOUSAFZAI**

On making a better world for girls

#### TREVOR NOAH

On a hopeful generation

PHOTOGRAPHS BY OLAF BLECKER FOR TIME



THIRTY YEARS AGO, 1 IN 5 CHILDREN IN Ethiopia didn't live to their fifth birthdays. The government, struck by those dire prospects, made a long-term commitment to improve health care and increase the number of providers throughout the country. Ethiopia wrestled down its mortality rates for children under five by two-thirds from 1990 to 2012-an impressive feat for a low-income nation. That's the year our cover subject, Mohamad, was born. Toiba, Samredin, Munira, Toiba and Hanan—pictured at right—were born in 2012 too. And Faruk was born at the end of 2011. Their faces are a reminder of how their fates, and the world's, have changed. And Ethiopia is not the only country where such progress is quantifiable. Around the globe, child mortality rates are falling, and millions of children have hopes of brighter futures.

When TIME asked Mohamad's family about their dreams for him, the answer was, "We hope we can provide for his needs and that he will be a great person for the future."

Great people for the future and data that gives shape to hope are the foundations of this project. It's probably not surprising that Bill Gates' approach to optimism is rooted in hard figures, specifically in statistics around child mortality rates, poverty lines and disease rates. Science comes in numbers, and numbers tell the truth.

These figures enhance something we talk about every day at TIME: how to hold a prism of light to a world that can seem increasingly, constantly, dark. Gates wanted to explore exactly that, and so we created it together. Throughout these pages, you'll find contributors you know, and some you've never heard of, offer their views of optimism in turbulent times, along with other heartening facts from which hope springs.

As Representative John Lewis, a man who has not only witnessed history but made it, writes in his contribution, "You have to be optimistic. If not, you will get lost in despair." —THE EDITORS

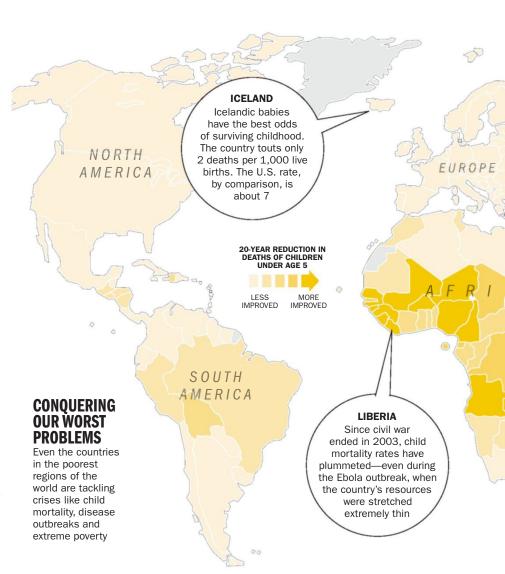
To help children reach their fifth birthdays, Bill Gates recommends giving to UNICEF and Save the Children







SIX CHILDREN PHOTOGRAPHED IN DALOCHA, ETHIOPIA, WHO RECENTLY CELEBRATED THEIR



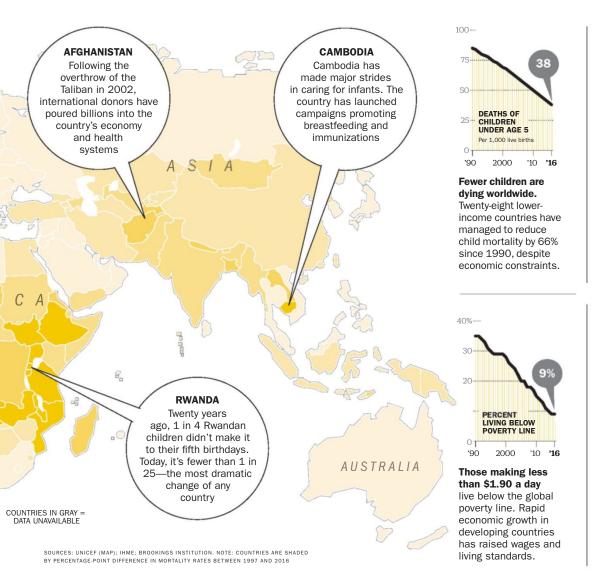


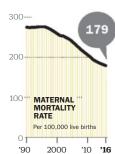




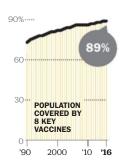


FIFTH BIRTHDAYS (FROM LEFT): TOIBA NASIR; FARUK KYIRE; SAMREDIN SHAMSEDIN; MUNIRA AYMELO; TOIBA KEMAL; HANAN SABIR





The proliferation of reproductive-health facilities has given vulnerable women access to maternity wards, trained midwives and family-planning methods.



An estimated 2 to 3 million deaths are averted each year thanks to vaccinations, as whole populations become immunized against infectious diseases.

# COURTESY OF BRYCE WOLKOWITZ GA

# The Genius of America By Warren Buffett

I HAVE GOOD NEWS. FIRST, MOST American children are going to live far better than their parents did. Second, large gains in the living standards of Americans will continue for many generations to come.

Some years back, people generally agreed with my optimism. Today, however, pollsters find that most Americans are pessimistic about their children's future. Politicians, business leaders and the press constantly tell us that our economic machine is sputtering. Their evidence: GDP growth of only 2% or so in recent years.

Before we shed tears over that figure, let's do a little math, recognizing that GDP per capita is what counts. If, for example, the U.S. population were to grow 3% annually while GDP grew 2%, prospects would indeed be bleak for our children.

But that's not the case. We can be confident that births minus deaths will add no more than 0.5% yearly to America's population. Immigration is more difficult to predict. I believe 1 million people annually is a reasonable estimate, an influx that will add 0.3% annually to population growth.

In total, therefore, you can expect America's population to increase about 0.8% a year. Under that assumption, gains of 2% in real GDP—that is, without nominal gains produced by inflation—will annually deliver 1.2% growth in per capita GDP.

This pace no doubt sounds paltry. But over time, it works wonders. In 25 years—a single generation—1.2% annual growth boosts our current \$59,000 of GDP per capita to \$79,000. This \$20,000 increase guarantees a far better life for our children.

In America, it should be noted, there's nothing unusual about that



25 YEARS AT 1.2% ANNUAL GROWTH WOULD BOOST THE CURRENT \$59,000 GDP PER CAPITA TO

\$79,000 GDP PER CAPITA sort of gain, magnificent though it will be. Just look at what has happened in my lifetime.

I was born in 1930, when the symbol of American wealth was John D. Rockefeller Sr. Today my uppermiddle-class neighbors enjoy options in travel, entertainment, medicine and education that were simply not available to Rockefeller and his family. With all of his riches, John D. couldn't buy the pleasures and conveniences we now take for granted.

Two words explain this miracle: *innovation* and *productivity*.



Conversely, were today's Americans doing the same things in the same ways as they did in 1776, we would be leading the same sort of lives as our forebears.

Replicating those early days would require that 80% or so of today's workers be employed on farms simply to provide the food and cotton we need. So why does it take only 2% of today's workers to do this job? Give the credit to those who brought us tractors, planters, cotton gins, combines, fertilizer, irrigation and a host of other productivity improvements.

To all this good news there is, of

course, an important offset: in our 241 years, the progress that I've described has disrupted and displaced almost all of our country's labor force. If that level of upheaval had been foreseen—which it clearly wasn't—strong worker opposition would surely have formed and possibly doomed innovation. How, Americans would have asked, could all these unemployed farmers find work?

We know today that the staggering productivity gains in farming were a blessing. They freed nearly 80% of the nation's workforce to redeploy their efforts into new industries that have

AN AMERICAN LANDMARK IS DEPICTED THROUGH COMPOSITE PHOTOGRAPHY changed our way of life.

You can describe these developments as productivity gains or disruptions. Whatever the label, they explain why we now have our amazing \$59,000 of GDP per capita.

This game of economic miracles is in its early innings. Americans will benefit from far more and better "stuff" in the future. The challenge will be to have this bounty deliver a better life to the disrupted as well as to the disrupters. And on this matter, many Americans are justifiably worried.

Let's think again about 1930. Imagine someone then predicting that real per capita GDP would increase sixfold during my lifetime. My parents would have immediately dismissed such a gain as impossible. If somehow, though, they could have imagined it actually transpiring, they would concurrently have predicted something close to universal prosperity.

Instead, another invention of the ensuing decades, the Forbes 400, paints a far different picture. Between the first computation in 1982 and today, the wealth of the 400 increased 29-fold from \$93 billion to \$2.7 trillion—while many millions of hardworking citizens remained stuck on an economic treadmill. During this period, the tsunami of wealth didn't trickle down. It surged upward.

In 1776, America set off to unleash human potential by combining market economics, the rule of law and equality of opportunity. This foundation was an act of genius that in only 241 years converted our original villages and prairies into \$96 trillion of wealth.

The market system, however, has also left many people hopelessly behind, particularly as it has become ever more specialized. These devastating side effects can be ameliorated: a rich family takes care of all its children, not just those with talents valued by the marketplace.

In the years of growth that certainly lie ahead, I have no doubt that America can both deliver riches to many and a decent life to all. We must not settle for less.

Buffett is the CEO and chairman of Berkshire Hathaway

#### What We Choose to See

#### By Laurene Powell Jobs

MAYRA'S EYES STARED UPWARD, unblinking despite the desert sun.

Her eyes—or, rather, a massive photograph of them—were the centerpiece of a picnic and installation by the French artist IR that united residents on both sides of the U.S.-Mexico border in October. JR chose Mayra, who is a "Dreamer"-or a young undocumented immigrant who falls under the Deferred Action for Childhood Arrivals (DACA) program to represent many things, all at once: Humanity. Hope. Beauty. Division.

If that last word is jarring, JR means it to be; his art is meant to inspire, but also provoke. His trompe l'oeil portraits force us to look critically at the world. They are unfiltered, unguarded and undeniably human. Art like JR's challenges us to bear witness, to discover what we're seeing. Because there is always more than meets the eve.

In the debate over immigration, perspective is everything. Depending on your vantage point, an undocumented immigrant can be a dreamer, a refugee or a fugitive. A border wall can be a shield or a needless division, splitting families.

What do we choose to see when we look in Mayra's eyes?

Mayra's eyes tell a story that even JR did not know when he took her portrait. She was born in Mexico with a condition called ptosis, which caused impaired vision and migraines. In 1992, at the age of 7, Mayra crossed the border to settle in California with her family. More than a decade later, thanks to DACA, she was finally able to get the health insurance she needed and see



clearly for the first time in her life.

I met Mayra when she was a high school student. Her energy was irrepressible—and so were her dreams. But she had few pathways to achieve them. College Track, an organization I co-founded, helped Mayra stay motivated and connected to support and opportunities. We also offered guidance on how to apply for legal status. Mayra's hard work and talent helped her reach the University of California, Santa Cruz, and, later, a master's program at San Francisco State University. Today she is financially independent, works to support her mother and her 9-year-old niece, and has chosen a career in public health.

Mayra's eyes light up when she talks about her family and the future she's forging as a health advocate in California. Like many other Dreamers, she aspires to return something to her community here in America. She has overcome so much, but JR's installation shows that obstacles still stand in the way of her future and that of many thousands more young people who love this country and want nothing more than to contribute to it. Nearly 800,000 Dreamers—and the rest of the 11 million undocumented immigrants in the U.S.—are caught in Washington's policy stalemate.



With anti-immigrant sentiment emanating from the highest levels of government, the barriers in the way of immigration reform are undeniably real. But as JR's artwork demonstrates, any wall can become a canvas with a simple shift in perspective.

JR's project, "Inside Out/Dreamers," which is touring the country with participation from Emerson Collective, aims to show how widespread that support is. The project is a bold rebuttal of the Trump Administration's dark, dishonest portrayal of immigrants. If we look closer at their lives, we can see that they have come to our country carrying the same hopes and dreams as the generations before them.

Together, these portraits will affirm our American motto: e pluribus unum, "out of many, one." They will depict an idea that no Executive Order can dismantle and no wall can keep out: that America is a big, inclusive country; that immigrants are what have always made our country great; that we stand with them; that we have eyes to see a future built on hope rather than fear; and that we will never stop fighting to keep the doors of opportunity open to dreamers.

Powell Jobs is the founder and president of Emerson Collective

#### The Thing About Millennials **By Trevor Noah**

I GREW UP IN SOUTH AFRICA DURING apartheid. Black people lived in separate areas from white people. They had different rules. They were segregated. This was particularly tough for me, because I grew up in a mixed family, with me being the mixed one.

My mother is a black woman, Xhosa woman, from South Africa. My father is Swiss from Switzerland and a white man. They got together during apartheid, which was against the law, and they had me. That's really where our journey began, because we were a family that couldn't be together. We were a family that was, for all intents and purposes, a crime. Me being born from my mother was me being born a crime.

Despite that—or maybe because of that—I grew up surrounded by optimism: the ability to see the potential no one else could see, at a time when no one had the right to see it. My mother was full of optimism. She is a beautiful, powerful woman who endured a lot during her life. We lived through Apartheid. We lived through her marrying a man who was extremely abusive and an alcoholic. Through all of that, my mom had the ability to appreciate the reality of the world she was in while also optimistically pursuing the future in which she wished to exist.

People always ask, Is the world getting better or is it getting worse? Depending on whom you ask, there will always be a different answer. I've come to find one of the reasons I believe the world is getting better is because we have access to information on how bad the world actually is.

As a young person, and as some-

one who makes a show about the news and politics, I've come to realize that information is one of the most powerful tools. We do come from an age where there is misinformation and disinformation. But, now more than ever, young people communicate across borders, across continents. You see people in England and America and South Africa tweeting and talking to people in Myanmar. You see people speaking out about what's happening in Sudan. You see people commiserating with victims of hurricanes across the Caribbean or Texas.

Millennials oftentimes are mocked—people say they're lazy, that they're entitled and that they cry about small things (which is true). But they're also driven. They wish to make a change. They believe that they can make a change, partly because of the information and the tools that they possess.

More than ever, we see that in America. Not only are young people growing into the world of politics, but they're engaged in a way where they understand that they can actually change the course of history, as opposed to just being a part of it.

In South Africa, we see the same thing—young people standing up and saying we don't accept the status quo, we can change our destiny, we can change the future, we can be a part of this world. You feel it.

We've seen the devastation in the world. But we've also seen the giving. There is an opportunity for everyone to create change. In this new world of technology, we have the opportunity to engage with activists on the ground level. People criticize millennials for being hashtag activists. I argue that they're hashtag activists until they're given the opportunity to take it from a tweet to the street.

And so I urge every single one of you: if you have the power, if you have the ability, if you have the information or the knowledge, take millennials up on what they're offering. They're energized. They're optimistic. They're powerful beyond all measure. And I'm proud to say that I'm one of them.

Noah is the host of The Daily Show

## Who Runs the World? Girls!

#### By Malala Yousafzai

THIS SUMMER I MET NAJLAA, A YAZIDI TEENAGER in Iraq. At 14, her parents took her out of school and told her she would be married. On her wedding day, Najlaa ran away—in her wedding dress. She wasn't ready to give up on her education and dreams of becoming a journalist. When she was 16, ISIS invaded her village and forced her to flee again. Today she lives as an internally displaced person in Kurdistan and walks more than an hour to school each day. Girls like Najlaa inspire my work.

Worldwide, 130 million girls are out of school. At the United Nations two years ago, leaders committed to ensuring every girl receives 12 years of education by 2030, but contributions from donor countries have either stalled or declined. None of the nine biggest countries in Africa, Latin America and developing Asia have increased their education budgets. Some days are hard—but I refuse to believe the world will always be as it is. Progress is happening.

At the Malala Fund, we are investing in educators in developing countries. These advocates understand the challenges girls face in their communities—child marriage, poverty, conflicts and wars—and are best placed to develop solutions. In Afghanistan, they are recruiting female teachers to work in rural schools. In Nigeria, they are running mentorship clubs to help girls resist family pressure to drop out and marry as young as 13 years old. In Lebanon, they are developing e-learning programs to teach STEM skills to Syrian refugee girls. I believe we can see every girl in school in my lifetime. I believe in girls like Najlaa, who are leading the fight for themselves and their sisters. I believe in the millions of people who support our movement.

Earlier this year, someone asked me, "After everything you've been through and everything you've seen, how do you keep from being hopeless?" After talking for a moment about all the things to be grateful for in my own life, I said, "I think it's pointless to be hopeless. If you are hopeless, you waste your present and your future." If we want a brighter future—for them and for ourselves—we must invest in girls today.

Yousafzai, founder of the Malala Fund, is the author of Malala's Magic Pencil







## DR. MATHEW VARGHESE ST. STEPHEN'S HOSPITAL IN NEW DELHI

Decades ago, Dr. Mathew Varghese went from house to house in northern India to study victims of polio. He saw people who could only crawl. He learned to ask questions they didn't teach in medical school: What is your social class? Are you able to attend school? His findings came with a lesson: "What you see in the hospital is only part of the story."

Today Varghese, an orthopedic surgeon, runs India's last polio ward, at St. Stephen's Hospital in New Delhi. In 1990. the city saw 3.000 new paralytic cases of polio; since January 2011, India has seen zero new cases. but for the victims, polio is forever. Doctors like Varghese are assisting with therapy, surgery and more. That work, he says, "is an absolutely humbling experience."

Varghese, 60, wants to heal more. He helped build an educational organization, now in all 29 states of India, that teaches medical students how to understand the social factors behind clinical care. "I am able to do this little bit," Varghese says, praising his staff. "But there is so much potential out there that is not tapped."

—Nate Hopper

### Beauty in the Machine

#### By Lili Cheng

**Artificial** 

intelligence

needs to

recognize when

people are

more effective

on their own—

when to get

out of the way,

when not to

help

ARTIFICIAL INTELLIGENCE IS ONE OF the hottest, least understood and most debated technological breakthroughs in modern times. In many ways, the magic of AI is that it's not something you can see or touch. You may not even realize you are using it today. When your Nest thermostat knows how to set the right temperature at home or when your phone automatically corrects your grammar or when a Tesla car navigates a road autonomously—that's AI at work.

For most of our lives, people have had to adapt to technology. To find a file on a computer, we input a command on a keyboard attached to one particular machine. To make a phone call, we tap an assortment of numbers on a keypad. To get a piece of information, we type a specific set of keywords into a search engine.

AI is turning that dynamic on its head by creating technologies that adapt to us rather than the other way around—new ways of interacting with computers that won't seem like computing at all.

Computer scientists have been working on AI technologies for decades, and we're now seeing that work bear fruit. Recent breakthroughs, based on computers' ability to understand speech and language, and have vision, have given rise to our technology "alter ego"—a personal guide that knows your habits and communication preferences, and helps you schedule your time, motivate your team to do their best work, or be, say, a better parent. Those same achievements have divided leading voices inside the world of technology about the potential pitfalls that may accompany this progress.

Core to the work I do on conversational AI is how we model language—not only inspired by technical advances, but also by insight from our best and brightest thinkers on the way people use words. To do so, we revisit ideas in books, such as Steven Pinker's *The Stuff of Thought*, that give us closer looks at the complexity of human language, which combines logical rules with the unpredictability of human passion.

Humanity's most important moments are often those risky interactions where emotion comes into play—like a date or a business negotiation and people use vague, ambiguous language to take social risks. AI that understands language needs to combine the logical and unpredictable ways people interact. This likely means AI needs to recognize when people are more effective on their own-when to get out of

the way, when not to help, when not to record, when not to interrupt or distract.

The advances that AI is bringing to our world have been a half-century in the making. But AI's time is now. Because of the vast amounts of data in our world, only the almost limitless computing power of the cloud can make sense of it. AI can truly help solve some of the world's most vexing problems, from improving day-to-day communication to energy, climate, health care, transportation and more. The real magic of AI, in the end, won't be magic at all. It will be technology that adapts to people. This will be profoundly transformational for humans and for humanity.

Cheng is a corporate vice president of Microsoft AI & Research

#### Closer to a Cure

#### By Samantha Budd Haeberlein

ALZHEIMER'S DISEASE IS A MOST tragic disease. It robs people of their memories and identities; it steals one's sense of self. People affected by Alzheimer's are growing in numbers. Currently, there are more than 5 million people in the U.S. diagnosed with Alzheimer's disease. By 2050, that number could nearly triple, to 14 million people. The economic case is equally staggering. The Alzheimer's Association reports that in 2017 Alzheimer's disease and other dementias cost the U.S. more than \$250 billion in health care and long-term care.

The need for a treatment is dire, and in the search for new medicines the rates of success are not high—only about 1% of early scientific discoveries will make it to become a medicine that reaches patients. It is a story that, on its face, sounds undeniably grim.

But it is misleading. When we consider each "failed" study, we can often uncover answers to the question, Why didn't this work? And those answers have propelled our understanding of Alzheimer's disease forward—bringing us closer to finding a treatment.

Alzheimer's disease is characterized by the buildup of two proteins, called beta-amyloid and tau, in the brain. Both normally exist there, but in Alzheimer's disease, something goes wrong. Beta-amyloid forms abnormal deposits in the brain called plaques, and tau gets twisted and tangled inside brain cells, causing damage that with time results in memory loss.

Until recently, we could not see these proteins in patients without conducting an autopsy. One of the greatest advances in Alzheimer's disease research is the ability to use a positron-emission tomography (PET) scan to confirm if a person has amyloid plaque or tau tangles in their brain before they begin a clinical study.

I can recall the stunning shift when we first used PET imaging in

Alzheimer's disease patients in 2010. The clinical center that we worked with had put forward 10 patients diagnosed with Alzheimer's disease. Using this new imaging technique, we could see that three of them did not have amyloid plaque in their brain—meaning they did not, in fact, have Alzheimer's disease. This constituted a dramatic change in the precision with which we could understand the disorder.

Imaging technology is also critical to the success of clinical studies, because some investigational drugs function by binding to those proteins and removing them. If the proteins and plaques are not present, the drug cannot work, which can negatively impact research results.

Being able to see amyloid plaque in the brain of living patients also confirmed a suspicion that Alzheimer's disease, just like heart disease, has a long silent phase. Now we can see that proteins build up in the brain and form plaque as early as 20 years before a person shows detectable memory loss. This means we may need to treat people much earlier, when plaque is forming and has not done too much damage.

Today we are investigating potential treatments for earlier stages. There are clinical studies, including those we are advancing at Biogen, looking at the mechanisms in the body that cause plaque to form and investigating if we can slow or stop amyloid plaque from forming in the brain. Studies are also investigating the effectiveness of trapping and preventing tau protein from spreading across the brain.

I believe we can deliver a treatment to the millions of Alzheimer's disease patients and their families who are waiting. And my optimism is rooted in the science, which continues to evolve and advance right before our eyes.

Budd Haeberlein is a vice president of clinical development at Biogen



#### CAMILLE JONES WASHINGTON STATI

WASHINGTON STATE 2017 TEACHER OF THE YEAR

At Pioneer Elementary, a K-3 school in Quincy, Wash., a rural district 150 miles from Seattle, all 450 students visit Jones every other week for classes in what she calls STEAM. It's a play on STEM—which stands for science, technology, engineering and math—but with an A thrown in, for the arts. "The process that an engineer goes through is the exact same process that a writer uses," she says. "You start with an idea and you develop a plan, and then you go back and revise it. They have the same core goal, which is preparing kids to be successful in the world."

Jones, 31, says she and her colleagues are attuned to the idea of being inclusive. Her students are mostly poor and Hispanic, and many are still learning English, so she and her colleagues look for alternative ways to spot talent and potential. "Traditional assessments typically leave out students from diverse backgrounds," she says.

Jones' approach is all about highlighting connections between disciplines. "We've created at school these baskets of different subject areas, but those are kind of fictional," Jones says. "All the skills they're learning will relate and help them as they get older, no matter where they go."

—Sarah Begley



#### DR. DENIS MUKWEGE PANZI HOSPITAL

As founder and lead doctor of the Panzi Foundation in the Democratic Republic of Congo, Denis Mukwege treats some of the most vulnerable victims of rampant sexual violence: women who have been raped in front of their husbands, girls who have been assaulted by multiple soldiers, babies as young as 4 months old who have been raped. It's not a job brimming with optimism.

"When I have women coming to my hospital, they are completely destroyed," he says. "Physically, mentally and economically."

But at Panzi Hospital, one can take heart. The center in Bukavu has treated more than 50,000 survivors of sexual violence and over 37,000 patients with gynecological injuries since 1999. At least 120 sexual-violence survivors seek help there every month. Mukwege, 62, specializes in fistula-repair surgery and pioneered an approach that empowers survivors by giving them the mental, educational, legal and financial tools to rebuild their lives.

When Panzi gives these women resources, Mukwege says, they build homes and businesses that employ other women. "My hope is that women are not waiting for their freedom to be given by men," he says. "Women are realizing that nobody gives them a gift, they have to take it." —Charlotte Alter

#### The Bright Side

#### By Steven Pinker

ACCORDING TO THE LATEST DATA, people are living longer and becoming healthier, better fed, richer, smarter, safer, more connected—and, at the same time, ever gloomier about the state of the world. As the political scientist John Mueller once summed up the history of the West, "People seem simply to have taken the remarkable economic improvement in stride and have deftly found new concerns to get upset about." How can we explain pessimism in a world of progress?

It's not that people are naturally glum. On the contrary, they tend to see their lives through rosetinted glasses: they say they are happy, their schools are good, their neighborhoods are safe and that they are less likely than the average person to become the victim of an accident, a disease, a layoff or crime.

But when people are asked about their countries, they switch from Pollyanna to Eeyore: everyone else is miserable, they insist, and the world is going to hell in a handcart.

This disconnect originates in the nature of news. News is about what happens, not what doesn't happen, so it features sudden and upsetting events like fires, plant closings, rampage shootings and shark attacks. Most positive developments are not camera-friendly, and they aren't built in a day. You never see a headline about a country that is not at war, or a city that has not been attacked by terrorists—or the fact that since yesterday, 180,000 people have escaped extreme poverty.

The bad habits of media in turn bring out the worst in human cognition. Our intuitions about risk are driven not by statistics but by images and stories. People rank tornadoes (which kill dozens of Americans a year) as more dangerous than asthma (which kills thousands), presumably because tornadoes make for better television. It's easy to see



how this cognitive bias—stoked by the news policy "If it bleeds, it leads"—could make people conclude the worst about where the world is heading.

Irrational pessimism is also driven by a morbid interest in what can go wrong—and there are always more



MOVIEGOERS AT CONEY ISLAND BEACH AND BOARDWALK IN 2016

ways for things to go wrong than to go right. This creates a market for experts to remind us of things that can go wrong that we may have overlooked. Biblical prophets, op-ed pundits, social critics, dystopian filmmakers and tabloid psychics know they can achieve instant gravitas by warning of an imminent doomsday. Those who point out that the world is getting better—even hardheaded analysts who are just reading out the data—may be dismissed as starry-eyed naïfs.

Psychologists have identified other reasons we are nostalgic about the past and jaundiced about the present. Time heals most wounds: the negative coloring of bad experiences fades with the passing of years. Also, we are liable to confuse the heavier burdens of maturity with a world that has lost its innocence, and the inevitable decline in our faculties with a decline in the times. As the columnist Franklin Pierce Adams pointed out, "Nothing is more responsible for the good old days than a bad memory."

The cure for these biases is numeracy: basing our sense of the world not on bleeding headlines or gory images but on measures of human flourishing such as longevity, literacy, prosperity and peace. Numbers, after all, aggregate the good and the bad, the things that happen and the things that don't. A quantitative mind-set, despite its nerdy aura, is not just a smarter way to understand the world but the morally enlightened one. It treats every human life as equal, rather than privileging the people who are closest to us or most photogenic. And it holds out the hope that we might identify the causes of our problems and thereby implement the measures that are most likely to solve them.

Pinker is a professor of psychology at Harvard and the author of 10 books



SEGENET KELEMU ICIPE IN NAIROBI

Segenet Kelemu has always been a discoverer. As a scientist, she would achieve breakthroughs— "Crack the constraints," as she puts it—and feel euphoric. But she came to a realization: "So you do research, you publish the paper—and then what?"

Having constructed an international network of biotechnology laboratories in Africa and now serving as director general of the International Centre of Insect Physiology and Ecology—a research facility in Nairobi that solves problems posed by insects to public health—Kelemu ensures that research reaches people.

Thanks to improved seed and farming technology, the ICIPE has been able to control grain pests and improve soil, now reaching at least 20,000 Ethiopian farmers.

Kelemu, 60, grew up in a small Ethiopian village with only one dress and no shoes to wear. She rebelled against the constraints placed on her as a girl. (They cracked.) Along the way, she has fostered a faith that each problem possesses a solution. Among her discoveries: "Life is always a lesson," she says. "Every day, I learn from everybody."

-Nate Hopper

### Why Men Must Also Fight for Women and Girls

90%

'10 '16

#### By Bono

I AM NOT A MASOCHIST, AND CLEARLY as a singer in a rock 'n' roll band I prefer the roar of the stadium's affection to the whistles and boos of town-hall politics. But I must say I quite enjoyed the trouble I got into about a year ago when I was the lone man honored as part of *Glamour*'s Women of the Year awards. My favorite trash-talking tweet came from a woman who said that in my

90%

60... GLOBAL ADULT LITERACY RATE

2000

SOURCE: UNESCO

Ages 15+

defense, my glasses did make me look like a 75-year-old granny from Miami. Or another who said it was inspiring how I'd overcome "the adversity of being a millionaire white dude."

I was aware and I was glad that I was being offered up as a firestarter for a debate the magazine rightly wanted to have about the role of men in the fight for gender equality. It seemed obvious to me

that the sex who created the problem might have some responsibility for undoing it. Men can't step back and leave it to women alone to clean up the mess we've made and are still making. Misogyny, violence and poverty are problems we can't solve at half-strength, which is the way we've been operating for a few millennia now.

I say it seemed obvious to me, but if I'm honest, it didn't always. I have been home-schooled on this issue in a very powerful way by my wife Ali and our two daughters. The news that I was getting *Glamour*'s first Man of the Year award amped up a conversation in our house—that Eve and Jordan think is the *only* conversation—about the fact that, as Jordan reminds me, there

is nowhere on earth where women have the same opportunity as men. Nowhere. Which has something to do with the fact that around the world, there are 130 million girls who are not in school. That's so many girls that, if they made up their own country, it would be bigger in population than Germany or Japan.

Denying girls what an education offers—a fair shot, a path out of

poverty—means that women can work the land but can't own it; they can earn the money but can't bank it. This is why poverty is sexist, as we say, and say loudly, at ONE to anyone listening, especially the world leaders who are supposed to guarantee universal access to education by 2030, the target they set in the Sustainable Development Goals.

There isn't just room for righteous anger at the injustice of all this, there is a need for it and for outrage at the violence—physical, emotional and legal—that perpetuates it. But there

is also, in the facts, room for hope. Because the research is clear—it's plain on the page and has been proved on the ground—that funding girls' education isn't charity but investment, and the returns are transformational.

Give girls just one additional year of schooling and their wages go up almost 12%. Give them as much schooling as boys get and things really start changing. Closing the gender gap in education could generate \$112 billion to \$152 billion a year for the economies of developing countries. When you invest in girls and women, they rise and they lift their families, their communities, their economies and countries along with them. They rise—and they lead.

That is, unless they continue to be held back and pushed down. Which could be the case. We've had a hard lesson over the past year that the march of progress is not inevitable. Sexism is rampant, conscious and unconscious. I'm still working on my own. Hopelessness is running high right now, and cynicism is cresting. But these are things the world can't afford. There are 130 million girls counting on women and men to get our collective act together, push for better policies and pressure politicians to do more and fund more of what worksthings like the Global Partnership for Education, which is due for replenishment early this year.

The key lesson in my own home-schooling is something Ali has been saying to me since we were teenagers: don't look down on me, but don't look up to me, either. Look across to me. I'm here. It just may be that in these times, the most important thing for men and women to do is to look across to each other—and then start moving, together, in the same direction. Making education a priority is a way of making equality a priority, and even men with limited vision should see that's the only way forward.

Bono is the lead singer of the rock band U2 and co-founder of ONE and (RED)

#### DRAWN BY BONO

This page is enabled for augmented reality: to see Bono's illustration in action, right on your phone, follow the directions below.





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# IIMA/DISNEY STUDIOS

### The Future We Will Make **By Ava Du Vernay**



I MARVEL AT THE TIMES IN WHICH we live. A time that will be long-remembered. A time that will be long-studied. The question is: remembered for what? The answer is up to us.

As an artist, I'm grateful that I live at a time when access to cameras and distribution platforms and ways to reach audiences outside of the normal Hollywood infrastructure are more possible for me, a black person, a woman, than ever before. My voice as a storyteller and vision as a filmmaker can be amplified without the permission of the privileged few who have held marginalized creators at arm's distance for decades. There is fresh air circulating, powering a new perspective.

It's not just artists that find ourselves in more dynamic positions of amplification. New platforms have expanded for everyone thanks to a free and open Internet. Right now, if you want to share your opinion, you don't have to gain access to a reporter and solicit a newspaper article—a long shot by any means. Today, you're able to express yourself though words and images on a variety of public platforms and make yourself heard and seen.

These moments of visibility are vital as we encounter an era of uncertainty, divisiveness and leaderlessness.

As a student of history, what gives me hope in these tenuous times is the knowledge that there is precedent for change and there's precedent for hope. Hope has bred change again and again. To be hopeless is to disregard history. It is to foreground the present moment in a distorted way, one that is pedestrian and unelevated. For we know that the world isn't only happening now. Everything has happened before. And everything will happen again.

And so that's what gives me hope: to know that this present moment will be the past soon and the future is what we will make it. A future of voices lifted and visions realized. A future of declaring our presence and sharing our opinions unfiltered and unafraid. A future built on reclaiming what has been taken and what has been lost. A future shaped by our striving to answer to the question "remembered for what" with the very best within us.

DuVernay, an Oscar nominee, directed Selma, 13th and the forthcoming A Wrinkle in Time



SPOTLIGHT

DR. ADAORA OKOLI

EBOLA SURVIVOR/
DISEASE FIGHTER

In 2014, Dr. Adaora Okoli contracted Ebola while treating the first person with the disease in Nigeria. It wasn't long after that Okoli began to come down with symptoms, including vomiting and diarrhea. Okoli was quickly moved into a special treatment ward, along with several medical colleagues, some of whom succumbed.

"We couldn't get the experimental therapy, and there was no survivor's plasma," she says. "The only thing I knew to do was to talk to God and say, 'I need you to heal me.'"

Okoli also knew she had to stay hydrated and check her pulse. Six days after she entered the ward, she started to improve. One morning, a doctor confirmed she no longer tested positive for Ebola. She cut a red ribbon on her way out, symbolizing her re-entry into the world. "I felt like I was reborn," she says.

A lot has changed for Okoli, 27, since that fateful week. She has a 2-year-old daughter, and she is enrolled in the Tulane School of Public Health and Tropical Medicine. She plans to return to Nigeria.

"Ebola is going to come back. It may not be next year or the next five years. But it will come back," says Okoli. "I know I was sick for a reason. There's a lot more I have to do." —Alexandra Sifferlin

#### Necessary Trouble **By John Lewis**

I'VE SEEN UNBELIEVABLE CHANGES during the past 50 or 60 years. When people say, "Nothing has changed," I feel like saying, "Come and walk in my shoes." I truly believe that if there is faith and hope and determination, we can continue to lay progress and create an American community at peace with ourselves. The next generation will help us get there.

When I was growing up as a child in Alabama, I saw signs all around me—I saw crosses that the Klan had put up, an announcement about a Klan meeting. I saw signs that said WHITE, COLORED, WHITE MEN, COLORED MEN, WHITE WOMEN, COLORED WOMEN. There were places where we couldn't go. But we brought those signs down. The only place you will see those signs today will be in a book, in a museum or on a video. When I was growing up, the great majority of African Americans could not participate in a democratic process in the South. They could not register to vote. But we changed that. When I first came to Washington to go on the freedom rides in 1961, black people and white people couldn't be seated together on a Greyhound bus leaving this city. They travel to the South without being beaten, arrested and jailed.

Now all across the South and all across America there are elected officials who are people of color. In the recent elections in Virginia and some other places around the country, you saw more people of color and more women getting elected to positions of power. They are African American, they're Latino, Asian American, Native American. Our country is a much better place—a much different place—in spite of all the setbacks and interruptions of progress.

I heard Dr. Martin Luther King Jr. say on many occasions, "The arc of the moral universe is long, but it bends toward justice." I still believe we will get

there. We will redeem the soul of America, and in doing so we will inspire people around the world to stand up and speak out. I believe that it's true today, and it was true when Dr. King said it years ago. I tell friends and family, colleagues and especially young people that when you see something that's not right or fair, you have to do something, you have to speak up, you have to get in the way. When I was growing up, my mother and father and grandparents would tell me, "Don't get in trouble. This is the way it is." But then I heard Dr. King speak when I was 15. To hear him preach, to be in a discussion with him sitting on the floor, or in a car, or at a meeting in a restaurant or a church, or just walking together ... He instilled something within us. I never in my years around him saw him down. Never saw him hostile or mean to a single person.

Dr. King and others inspired me to get in what I call good trouble, necessary trouble. And I think we're going to have generations for years to come that will be prepared to get in trouble, good trouble, necessary trouble. And lead us to higher heights. It's a struggle that doesn't last one day, one week, one month, one year. It is the struggle of a lifetime, or maybe many lifetimes.

The next generation will help make this society less conscious of race. There will be less racism, there will be more tolerance. Dr. King said we must learn to live together as brothers and sisters. There was a man by the name of A. Philip Randolph, from Jacksonville, Fla., who moved to New York City and became a champion of civil rights, human rights and labor rights. At the March on Washington in 1963 he said, "Remember our mothers and our forefathers all came to this great land in different ships. But we're all in the same boat now." That is true today.

You have to be hopeful. You have to be optimistic. If not, you will get lost in despair. When I travel around the country, I say, "Don't get down—you cannot get down." I'm not down. I got arrested, beaten, left bloody and unconscious. But I haven't given up. And you cannot give up.

Lewis is a civil rights leader and Congressman from Georgia



**SPOTLIGHT** 

#### ANNA ROSLING RÖNNLUND GAPMINDER FOUNDATION/ DOLLAR STREET

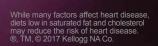
As a co-founder and product manager of the Stockholm-based fact tank Gapminder, Anna Rosling Rönnlund's mission is to show how economics, not geography, dictates lifestyle-and how the world is less divided than we think. Using images of quotidian items like toilets and door locks, Gapminder's "Dollar Street" interactive shows how most people have similar daily existences. whether they live in China or Chattanooga, Tenn.

Take toothbrushes.
The poorest people in the world use a twig—or even just a finger and mud—to clean their teeth. But with a small rise in income, a family can afford a shared plastic toothbrush. Another rise, and each family member gets a toothbrush and toothpaste. In the top bracket, electric toothbrushes.

Rönnlund, 42, who has a background in photography, says Dollar Street began by sending photographers to representative households but hopes to one day crowdsource its material. "In the media, usually we see only the exotic: the really poor and the really rich," she says. "To understand the world, we have to focus on the unsexy, everyday life in the middle." —Sarah Begley



DELICIOUSLY HEART HEALTHY



# NUR ZARAH ALYA NABILA, 7 KUALA LUMPUR, MALAYSIA The Kids' Table By Marcus Samuelsson Photography by Gregg Segal



I WAS BORN INTO IMPROPER nutrition in Ethiopia. For my first couple of years, I didn't get what I needed. We were extremely poor. We didn't have enough milk, enough food. At 2½ years old, I weighed just 22 lb. It affects you.

After my sister and I moved to Sweden as children, I learned that my teeth were wrong. And no kid wants to grow up being different. I could not eat enough. You always feel like you're catching up. It took me all the way to age 16 or 17 to do so

What I felt then and know deeply now—as a chef, an activist and a father of a young son—is that when it comes to food, we are always looking at one another, starting with peeking in each other's lunch boxes. We are also learning from one another—and that that can make us healthier, our climate more secure and our meals more delicious.

It's not just the developing world looking to us, either. Just as we look to it for spiritual practices like yoga, we should and do—especially through the Internet—look to it for food. Take places such as Ethiopia, which traditionally has no sugar in its meals. Or Indian food, which is just delicious. There, we can find ways of getting nutrition through vegetables and proteins like chickpeas and lentils, instead of animal proteins that contribute to carbon emissions.

This also can affect the view of developed nations from rising ones—and help stave off the

ABOUT THE PHOTOGRAPHS In the face of rising global obesity rates, photographer Gregg Segal decided to explore how our eating habits develop early in life. He traveled around the world to ask kids what they eat in one week and then photographed them alongside the food. The essence of the project, which will become a book featuring healthy recipes, is to help people rethink their relationships with food. "The deeper goal," Segal says, "is to be a catalyst for change."



GRETA MOELLER, 7 HAMBURG, GERMANY

> ANDREA TESTA, 8 CATANIA, SICILY, ITALY



startling rise of obesity. When you think of fast food in America, it's a money game: you get dinner for four together in a fast, economic way. But elsewhere, places like McDonald's and KFC are about status. It's much cooler to go to the chain restaurant with flat screens than to your auntie selling food out of a shack or on the street.

It can be disconcerting to look at what fast food has to done to places like Egypt and Ghana.

According to the World Health Organization, worldwide obesity has just about tripled since 1975; today the majority of people in the world live in a nation where obesity kills more people than being underweight does. Meanwhile, world hunger is also on the rise, because of climate change and conflict.

These are not on their face uplifting statistics. But what sustains my optimism is that there has been a very significant shift in the way chefs, institutions and technology companies think and work together. These changes are happening in a way we have never seen before.

There is change happening on a smaller level too. In my company, I don't buy palm oil anymore because it has such a bad effect on forests. I know other chefs and food providers are taking similar stances. The movement will only grow, and alongside it will be personal best practices that everyone uses themselves every day—to not throw away food, to maybe go vegetarian two days a week. And from there, a whole world of healthy, responsible eaters will blossom, enabling talent—especially young women across the earth to contribute more to society.

This is coming from someone who was not even supposed to be alive after 18 months. Back then, my life was not counted in months or years but days. I know that we can change, because I have changed.

Samuelsson is a chef, restaurateur and the author of The Red Rooster Cookbook



ISIAH DEDRICK, 16 LONG BEACH, CALIF.

> ANCHAL SAHNI, 10 CHEMBUR, MUMBAI, INDIA



# Hope by the Numbers

The Microsoft founder and philanthropist spoke with TIME's Nancy Gibbs about looking forward

You could argue that our failure to focus on what's getting better suggests that the media generally is missing an enormous **story.** News by its nature is about a surprise. Which day do you cover malaria deaths being cut in half? Which day do you cover workplace accidents down by a factor of 50 over the 50-year period? It's society doing what it's supposed to do. People's standards change. When I first went to Africa, I talked about how a single child dying was such a big deal because in the U.S., it's rare. In some parts of Africa, because the death rate was so high, people actually waited to name their babies until they were 4 months old. And so the higher expectation is a good thing but it makes you feel that we're still falling so far short.

You decided to focus on public health. Can you talk a little about what has surprised you most? Our global health work has exceeded our expectations. Being part of this movement, which has gotten childhood deaths down from over 12 million a year to about 5 million a year now, going from 1990 until today, and with a goal to get it below 2.5 million by 2030, cut it in half again.

What turned out to be harder than you bargained for? The death rate from AIDS and preventing mother-to-child transmission during birth, those things have gone super well. But the prevention, getting people to change their behavior and getting the vaccine or drug that would protect you, that has not succeeded.

What's the argument you make to the unemployed worker in Ohio about why the government should be spending money on foreign aid? The development aid we provide helps stabilize the world and lifts





these countries up so they can be self-sufficient. And our aid is less than 1% of the U.S. budget. So the question is, In helping to stabilize 95% of the world and prevent epidemics that would come and hit the U.S., is it a priority to spend 1% of the budget for those 95% and keep 99% of the budget for us who are a bit less than 5% of the world's population?

The payback to U.S. foreign aid: getting rid of smallpox; on the verge of getting rid of polio; lifting up countries like South Korea, which was a huge aid recipient.

So the benefits of what we've done are quite phenomenal. We did a forecast that showed that a 10% cut in HIV spending would, between now and 2030, cause 5 million more deaths, because the U.S. has been so key to keeping this infectious disease in check. To reduce the money now would be horrific if killing 5 million people can be described that way.

#### You added a focus on pandemics this

**year.** Of all the major bad things that could happen—a nuclear war, an asteroid, a gigantic earthquake—the one that's the most scary is a big epidemic, like a flu epidemic sweeping the world as it did in 1918. And so helping poor countries so they would detect it early—and they'd have the capacity to stop it when the numbers are very, very small—is advantageous to the entire world.

The experts that understand this stuff the best are at the U.S. Centers for Disease Control and Prevention, and so keeping them funded so they can work with these countries—that is not just a benefit to these countries. That's very important to us.

In the case of Ebola, because it wasn't caught early, the U.S. had to spend a lot of money, including deploying the U.S. military while some people from the CDC went in and did heroic work. In fact, a lot of polio workers were involved in making sure it was contained to the three countries.

That's a big success, but there will be many more like that that could be worse. The speed of infection of a flu is 20 times faster than Ebola, so some disease could go global if you took as long to figure out what was going on as we did with Ebola.

Some of the things you're talking about feel like traditionally the realm of government, and yet people's faith in government to solve some of these problems isn't so great.

Government is responsible for these things, and so the big money is with government. It's over 10 times bigger than all philanthropic things put

A CUT IN HIV SPENDING OF 10% WOULD CAUSE, **BETWEEN** NOW AND 2030,

> 5 MILLION MORE **DEATHS**

together. The role of philanthropy will often be to fund pilot approaches, to find breakthrough approaches. Funding all these young people who think they have a new approach for an HIV vaccine. Philanthropy is a very strong complement to the government in that.

Is it easier for you to fund something that's far-fetched? I think so. Government has fouryear, eight-year cycles, and the U.S. government actually is the best government in the world when it comes to funding medical research, but even they aren't going to reach out to some wild new approach quite the way philanthropy can. So the two really do go hand in hand.

Almost everything our foundation does is in partnership with the U.S. government. I wish other governments were as enlightened. Then again, that research investment in the U.S. has led to lots of successful companies and big breakthroughs, so I think it's definitely a smart thing.

Philanthropy will never take over the role of government. Making sure every child has food and education, that's governmental.

If you had a billion dollars, which you do, to invest in clean energy, where would you put it? We're trying to foster breakthroughs so that clean energy is actually cheaper than today's hydrocarbon energy and make it so it's not how much are you willing to give up to have clean energy—which in a place like India, where getting electricity means air-conditioning or refrigeration and all the things we take for granted, including saving lots of lives—asking them to pay a premium and therefore electrify slower than they would, that's a very hard trade-off.

You've thought a great deal about artificial intelligence, which terrifies many people in terms of what it means for their own prospects. What makes you optimistic about the role technology has been playing in the future of work, for instance? There are many problems that we haven't solved. Obesity, diabetes, Alzheimer's: these are gigantic problems that there are solutions for. And I do expect that advanced software—AI software—will help us understand the biology, understand how to intervene and improve lives very dramatically.

AI is going to be changing the job market, but in market capitalism, there are always big changes, as long as we have a good safety net for the people who have been trained, whose skills don't apply going forward. Particularly if they are late in their career, then holding back innovation is not the best path.

# The All-New





Let's Go Places

toyota.com/camry

Prototype shown with options. Production model may vary. ©2017 Toyota Motor Sales, U.S.A., Inc.

# What are some of the things you don't think machines are ever going to be able to do?

Computers are still very weak when it comes to understanding. They can't process a textbook and use the knowledge the way humans do. But that's being worked on. There's no real problemsolving limit to what can be done. Understanding what does it mean in terms of consciousness or anything like that, I know that the software won't be in that realm at all. But it will be an incredible problem solver.

I'm a parent, you're a parent. Is there a way to envision a machine that could have an easier time parenting than your typical parent? Parenting—there, a lot of the value is that human caring and willingness to make time. Sympathy. And so those are domains that are not in traditional problem-solving.

And so the hope for now will be to get the machine to help us discover new drugs, to help us make traffic not as bad, rather than substituting for those human-type things. Hopefully, they'll free up time so we can enjoy more time for parenting.

Do you worry about the amount of time that either you or all of our kids spend on the screen? Well, certainly you can do a lot of things on your screen, some of which, like playing the same video game again and again, that's not well-balanced. It's probably not going to develop your capacity fully.

There needs to be discipline. Anytime we give somebody a new tool, like when Microsoft Windows had lots of fonts, there were a few years that people used way too many fonts and thought it was very clever. Now people have kind of calmed down. It's kind of rare if somebody is goofing around using some new font.

The discipline about when a family's at the table: Is the phone allowed to buzz or not? When you do your homework, what do you do? When a kid goes to bed at night, we say, Hey, the phone's on the charger, which happens to be outside your bedroom. So it's a visible fact that you put it there.

# Speaking of discipline, how are you able to find the time to read so much?

It's very relaxing for me. I do a lot of work, and it's kind of this reward. But I have to be careful. Amazon or Netflix video watching can actually cut into my book time. There's been a few months when I've looked back and said, "Gee, I didn't read as many books this month. Oh, well, we were watching three seasons of *The Americans*."

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THAT'S BEING

WORKED ON.

Which world leaders today make you optimistic? There are some amazing leaders, like Chancellor Angela Merkel in Germany. She got a lot of criticism for bringing in refugees. She's been a great leader in terms of thinking about the world and having a good, calm view of things.

Leadership in India has been quite good. There's a lot of things about reforming the country and getting it to be a bit less socialistic and trying to get things moving, so they tap their potential.

There's no Nelson Mandela, where there's somebody who took a country and did something where we completely wouldn't have expected that to take place.

Indonesia has good leadership. In a lot of the African countries that traditionally had sort of tribal thinking, which doesn't run the country well, there's been a slight increase in the number of democracies.

What do you think about for the relative absence of women, both in C-suites and in leadership positions? It's interesting. There are areas of phenomenal progress.

So in college, there are more women than men. In law school, in medical school, it either slightly favors women or it's pretty equal.

There are some domains like the hard sciences, including computer science, and government and corporate leadership, where the numbers aren't nearly that large.

Yes, you can say there's a delay factor that, O.K., you have to wait 20 years from when business school is equal before you get the impact, but it's not proceeding as quickly as that would suggest.

So is it about maternity leave, is it about discrimination, is it about our model of what a great leader-manager looks like? We're making progress.

Every one of these figures is going up, though a few feel like they've plateaued at a level way below where we'd like to see them get to.

# So after this experience, do you think you would like to be a magazine editor?

This idea that people trust someone to pick interesting things, kind of stimulate them and take them outside of what they would run into if they did it à la carte, I think that's so important.

I hope the world takes this personalization, which we're in the very early stage of, and goes back to saying, "No, having an editor is a great thing."

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# TimeOff

BLACK MIRROR HAS LONG TOLD US THAT TECH WILL ERODE MUCH OF WHAT MAKES US GOOD.' —PAGE 48



Tom Hanks and Meryl Streep, old-school movie stars in a film enamored with the truth

MOVIES

### The Post is Spielberg's time-capsule ode to the power of real news

By Daniel D'Addario

THE POST. STEVEN SPIELBERG'S historical drama about the 1970s publication of the top-secret Pentagon Papers, is swooningly in love with journalism. Throughout the film, reporters in smoky rooms riffle through reams of paperwork on the hunt for stories they can wring out about the government's misinformation campaign about the Vietnam War. When their work runs up against a deadline and they pause for the day, a massive printing press chugs into effect, converting their labors into text with a rattle so deafening, it would seem to be wasted on anything less than culture-shaking news.

The Pentagon Papers, which detailed the scope—vastly greater than had been publicly known—of U.S. military activity in Southeast Asia,

were as big as news got. The story was broken by the New York *Times* in June 1971; this film documents how the Washington *Post* followed suit with its own set of stories. (The *Post*'s is a more cinematic narrative, in part because it leads into a yet bigger story of two young reporters digging into a break-in at the Watergate complex.) The impact of the *Post*'s stories is felt in the film as copies of the newspaper, practically steaming with the heat of the news inside, hit the pavement. Change, Spielberg indicates, is coming—and it's a result of journalists' work.

Spielberg's affection for the press is unfashionable, and not merely because so much news today is generated through less clatteringly loud devices. Now the most attention-getting news passes first through web servers, not



Streep, Spielberg and Hanks (pictured on set) are all Golden Globe nominees for The Post

printing presses. But there's also the fact that in our current era—in which tossing aside unwelcome news as "fake" is in vogue, from the Oval Office on down—news on par with the Pentagon Papers is far less likely to make an impact. Would similarly newsbreaking coverage today change the mind of anyone who wasn't already predisposed to believe it?

Consider this: the filmmaker with the longest track record of pleasing crowds in U.S. history has now put out a film about a profession that much of the public distrusts. The journalists of The Post, led by editor Ben Bradlee (Tom Hanks) and publisher Katharine Graham (Meryl Streep), were proved right in time. But in their moment, it was evidently risky: Graham, seeking to be a steward of her family's media business, is forced to contend with the negative business implications of controversy as she decides what she can allow. Bradlee, in charge of the paper's news gathering, pushes aggressively for the story—even as it becomes clear that it could land him and Graham in prison.

President Richard Nixon hated the press and its potential to expose wrongs; he called journalists liars and sought to bring the power of his office crashing down on them. It's not really a spoiler to say that Graham and Bradlee, in vari-

ous meaningful senses, won; it's a matter of historical record that the Pentagon Papers were published by the Washington *Post* with Graham's support and that Bradlee went on, as editor, to preside over the coverage of Watergate, the story that ended the Nixon presidency.

The film ends on a victory, with a new hope—Nixon's fall at the hands of two reporters is just around the bend. But journalism's victory was shortlived. Graham, balancing the demands of her reporters and shareholders, was motivated to retain a strong business to pass on to her children; after her 2001 death and after years of losing money, the Graham family sold the Post in 2013. (Under new ownership and re-energized, it has come back to the center of the national discourse.) And Bradlee's vision of the press as a check on untrammeled government power seems more threatened than ever.

'We need the principled press to hold power to account, to call [President Trump] on the carpet for every outrage.'

MERYL STREEP, at the 2017 Golden Globes; Trump called her "over-rated" on Twitter the next day

After all, the sort of existential crisis that Graham faces—controversy would make her newspaper unattractive to the financiers who might guarantee its future—is orders of magnitude less impactful than the bottom-dropping-out that the media has seen in the decade since the 2008 financial crisis. Vastly more ad-starved outlets now perpetually live on the knife's edge that for Graham in *The Post* lasts only as long as before the closing of a round of financing. The few days' worth of tension that the film depicts is for many outlets and their employees today an ever-present reality. And even as serious, resource-intensive investigative reporting at places like the New York Times and the Washington Post has shaken our culture recently, the shuttering or gutting of so many outlets has meant less aggressive and adversarial reporting of federal and local politics, allowing wrongdoers of all ideological stripes to sleep more easily. That crisis in the journalism business was under way well before the election of a President who actively discredits any coverage that is even tepidly critical of him.

Where the film succeeds is not in making a universal case for journalism's impact but in depicting the work as its own reward. These journalists, from Graham's executive, who surprises herself with her daring, to Bradlee's toiling scribes, make their cases not through appealing to readers' higher sensibilities but by producing gut-wrenching, gripping stories that readers can't wait to get their hands on. The impact of these stories comes from their producers' willingness to call the truth what it is, and to do so with moral clarity and style.

But moral clarity and style can only get a publication so far; it must be met at least partway by a reader who is willing to be wooed. The Washington *Post* still has an engaged readership, but so too do many publications and social-media feeds that spread calumny and discord instead of facts. The Post is rousing, but there's a creepy silence once the machines stop clattering and the credits roll. The film is intended as a rallying cry for the power of truth to effect change, but in a post-truth moment, it reads like a love letter to something lost. It's a document of our unreachable shared history, not our fractured present.

# Post Production

The Post conjures an office full of personalities—some famous, some less heralded. Here's who plays the real-life figures, whose charged debates over whether to publish the news they've gathered give the film its dramatic heft.





#### **TOM HANKS AS BEN BRADLEE**

The famously charismatic editor, who became a legend for his leadership during Watergate, swaggers again; he was previously portrayed by Jason Robards in All the President's Men.





#### **CARRIE COON AS MEG GREENFIELD**

Greenfield, who won a Pulitzer Prize for editorial writing in 1978, was a Graham confidante at a time when women were less common in newsrooms. In *The Post*, she's at the center of the action.

#### **MERYL STREEP AS KAY GRAHAM**

Streep is uncommonly shy onscreen as Graham, who is still a fierce advocate for the newspaper. Graham, who took over after her husband's suicide, had a personal stake in its success.





The Post features a front-page-worthy ensemble cast

#### REVIEW

#### The Post is old-school but timely

By Stephanie Zacharek

THE POST, STEVEN SPIELBERG'S GALVANIZING account of the Washington Post's risky decision to publish the Pentagon Papers, is set in 1971, yet it's an example of old-school filmmaking that's modern at its core: its portrait of Post publisher Katharine Graham, played in a striking performance by Meryl Streep, is more relevant than ever in a world where women are still—still—striving to prove their value in the workplace.

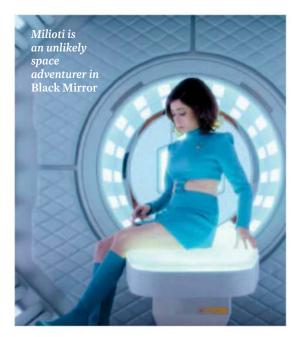
Together, Graham and *Post* editor Ben Bradlee (a marvelous, growly Tom Hanks) pull off a journalistic feat that almost runs aground on the rocky shoals of Washington politics—never mind that, at the time, Graham was in real life still fighting for respect even at a paper she owned, while also preparing to take the company public. Streep's performance is a whirlwind eddy of dexterous comedy and acute receptiveness—you never know when she's going to make an authoritative declaration or crack a sly, witty joke.

In *The Post*, everything Graham does is in response to a man, or, more specifically, to something a man is trying to make her do. We see how her close friend Secretary of Defense Robert McNamara (Bruce Greenwood) tries to manipulate her as she wrestles with the decision to publish the papers. And although Richard Nixon appears in the film only as a shadowy profile, he too seeks to intimidate her. When Streep's Graham ultimately renders her decision, her voice is somehow feathery and flinty at once, but there's no mistaking its conviction. It's as if, in that moment, Graham was at first only seeing a future, until she realized she could instead shape one.

#### THE POST FROM START TO FINISH

Rookie screenwriter Liz Hannah wrote *The Post* on spec, hoping it might land her an agent. Former Sony head Amy Pascal read the script and wanted it immediately for her production company, Pascal Pictures.

#### **Time Off Reviews**



#### TELEVISION

# The Black Mirror episode you need to see

IT'S EASY TO SPIN YARNS ABOUT THE NEAR future—until it catches up with you. That's the problem that *Black Mirror*, now in its fourth season, faces. The twisty sci-fi anthology series, which first aired in 2011, still tells stories about technology and how it affects relationships. But imaginative, prescient stories are harder to gin up these days. Reality in the late 2010s has been more creative than fiction in devising narrative turns. As for prescience, if many are convinced there's no future, who cares what that future's tech looks like?

But one episode this season has the imaginative power of Black Mirror at its best. "USS Callister" begins as a 1960s space serial before revealing the captain as an avatar of contemporary male rage, a gamer who uses digital warfare to bend the rest of the ship to his will. This episode makes the universe of Black Mirror seem more ambitious, and not merely because its characters are hurtling through space. It works because the show's verve is reserved for something utterly of the moment. In depicting not only a male villain consumed by his misogyny (Jesse Plemons) but also the women who confront him (including Cristin Milioti and Michaela Coel), the episode gives us real heroes in addition to a catastrophic future. Black Mirror has long told us that tech will erode much of what makes us good. The welcome twist here is that neither tech nor other forces can entirely erase it. - DANIEL D'ADDARIO

**BLACK MIRROR** is streaming on Netflix now

#### QUICK TALK

#### **Jesse Plemons**

The Friday Night Lights and Breaking Bad alum, 29, has two big roles this winter: he stars in an episode of the latest season of Black Mirror as a space captain whose sexism makes victims of his whole team and appears opposite Tom Hanks and Meryl Streep in Steven Spielberg's The Post.

In Black Mirror, you play a Captain Kirk-like character, except evil. Were you already a sci-fi fan? Not really—my sci-fi was westerns growing up. The most important thing at the core of the scenes in space was tapping back into playing make-believe and using your imagination, like when you were a child. That's what he was doing, although there's nothing too childlike about it.

The episode has some sharp commentary on toxic masculinity in culture. Did that theme resonate with you? It reminded me of people in comments sections who are hidden behind their screens and are anonymous and can live out this alter ego—and the vitriol that comes out when people aren't really accountable.

In The Post, you play a litigator who advises the Washington Post on publishing the Pentagon Papers. Do you think the press is under attack now? It feels like an episode of Black Mirror. The two words fake news—it's Donald Trump's favorite phrase of all time. The Post is an important reminder of what we've already been through and the ability to learn from our mistakes.

You starred in the beloved series Friday Night Lights. If they tried to get a reboot of the show off the ground, would you do it? I would love to—I just don't know what story they would tell. I loved the way that it ended. It's really interesting to think about where these characters would all be 10 years later. If they could come up with a great script, I would do it in a heartbeat. —MAHITA GAJANAN

#### ON MY RADAR THE FLORIDA PROJECT

"It's a movie that really stuck with me—the little girl [Brooklynn Prince] was incredible. It just felt so authentic."





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#### The new dinner and a movie

#### By Eliza Berman

TIME WAS, DINNER AND A MOVIE WAS A TWO-PART AFFAIR. BUT increasingly, the two have merged into a single experience, allowing moviegoers to save on the babysitting tab and get fries and a beer while they watch the latest superhero blockbuster. Full-service theaters have broken free of hipster meccas like Brooklyn and San Francisco to become a Friday-night pastime as American as, well, going to the movies—before truffled Parmesan flatbread was on the menu.

Dine-in cinemas are not altogether new. In the late 1980s, brothers Mike and Brian McMenamin opened one in Portland, Ore. A decade later, inspired by the McMenamins, Tim and Karrie League began pairing trendy beer with cult hits like *The Craft* at the Alamo Drafthouse in Austin. But in recent years, the trend has expanded from niche to mainstream. There are now 29 Alamo locations nationwide, from Omaha to El Paso.

Much like fast-food chains co-opted the craze for artisanal fare, fullservice theaters appeal to a broader, more regionally diverse customer

#### THEMED MENU ITEMS

To coincide with screenings of Star Wars: The Last Jedi, some Alamo Drafthouse locations served a "Light Savor" cocktail, featuring Caña Brava rum, lime, prickly pear, coconut and Campari.

#### SPECIAL EVENTS

Upcoming events at Nitehawk Cinema in Brooklyn include "Spoons, Toons & Booze," a brunch affair offering an all-you-can-eat sugar cereal bar, Saturday-morning cartoons and White Russians topped with Cocoa Puffs.

base. At Movie Tavern in Roswell, Ga., for instance, you can order popcorn shrimp and a "Jumbo Jar" margarita while watching *Jumanji: Welcome to the Jungle*. AMC, the biggest U.S. movie-theater company, launched Dine-In, where meals can be ordered with the push of a button. iPic Theaters offers something akin to a first-class flying experience, minus the turbulence: leather recliners and a menu developed by a James Beard Award—winning chef. For the most upscale experience, you'll have to fly to Paris, where EuropaCorp First Class, owned by *The Fifth Element* director Luc Besson, serves champagne, caviar and Pierre Hermé macarons.

THE RISE IN full-service moviegoing coincides with declining ticket sales across the industry more broadly. North American movie attendance in 2017 plunged to what appears to be a 27-year low, pending final fourth-quarter data. The downward trajectory is the continuation of a 15-year trend. Between the glut of uninspired reboots hitting theaters, younger audiences choosing to consume content on their smartphones and the precipitous rise in the popularity of streaming, it's no wonder theater owners are seeking creative ways to lure customers off their couches. It's working: despite a 2% decline in movie attendance over four years, AMC Dine-In achieved 4% growth in just two.

Full-service theaters are not without their detractors. Despite servers' attempts at stealth—iPic calls its waitstaff "ninjas"—many find the commotion distracting. Some prefer to eat post-movie for a chance to discuss what they've just watched. And as expensive as traditional theater concessions have become, tabs are apt to get steeper once pancetta enters the mix.

But for those with the funds, the full-service theater offers reason enough to ditch Netflix, whether you're looking for a *Troop Beverly Hills* "quote-along" or *Star Wars* and a burger. One suggestion: skip the salad. You might miss Luke Skywalker's most memorable moment while trying to coax a pesky carrot onto your fork.

#### LOCAL FLAIR

The McMenamins' nine locations across Oregon and Washington honor the region by serving an impressive array of craft beers, wine and spirits from Pacific Northwest–based breweries, vineyards and distilleries.

#### What happens to big-league books when scandal knocks

#### **By Sarah Begley**

THIS TIME LAST YEAR, MILO YIANNOPOULOS HAD a reported six-figure book deal to air out his controversial far-right views. And then, very publicly, he didn't. In February, Simon & Schuster canceled Dangerous after Yiannopoulos' more inflammatory comments—including one in which he appeared to defend pedophilia—pushed over the edge a public that had already been agitating. Ten months later, he has sued his publisher—and found himself surrounded by new pariahs.

Yiannopoulos is part of a trend of writers being scrapped by their publishers over matters of personal accountability. In October, Hachette announced that it would discontinue its Weinstein Books imprint, absorbing the titles published by disgraced producer Harvey Weinstein into another imprint. The same month, Penguin Random House canceled Mark Halperin's book about the 2016 election after allegations of sexual harassment against Halperin emerged.

(Co-author John Heilemann was collateral damage, but he has said his future plans with the interview material for the book are "TBD.") Readers continue to wonder what Bill O'Reilly's future will be with the Macmillan imprint Henry Holt, even as the accused predator continues to dominate the New York *Times*' best-seller list. Fox News has

ousted the host, and he has reportedly paid out tens of millions of dollars in settlements to women who say he sexually harassed them. (He denies wrongdoing.) But his publisher has not responded to recent requests for comment on their future with him.

In the past, allegations of plagiarism and dishonesty were the more likely causes for a book to be yanked. In 2006, Little, Brown and Co. withdrew a Harvard student's young-adult novel over accusations that

O'Reilly has not yet lost his book publisher, unlike others embroiled in scandalous accusations

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she had borrowed from other writers' books. In 2014, a Simon & Schuster imprint canceled a book by a satirist who had presented himself on Twitter as an employee of Goldman Sachs but wasn't. (The book, *Straight to Hell*, eventually found a home with another publisher.) Paula Deen presaged the new norm in 2013, when she had a cookbook pulled after reports surfaced that she admitted in a deposition to having used racist language.

These days, not only do authors' offenses echo endlessly on social media, the voices of consumers are amplified too. "Social media makes it so easy to complain about things," says Publishers Weekly editorial director Jim Milliot, and with so many authors and readers engaging on platforms like Twitter, tension can escalate and petitions to get books canceled can circulate quickly. Although readers began protesting the minute the Yiannopoulos deal was announced, things reached a fever pitch when author Roxane Gay pulled her book from Simon & Schuster in protest. An advice guide, it was titled *How to Be* Heard. Within weeks, the comments relating to pedophilia surfaced, and that was that. (Yiannopoulos later said he regretted his perceived flippancy, and that he is "implacably opposed to the normalization of pedophilia.")

Yiannopoulos' fans and certain free-speech advocates saw the loss of the book deal as a kind of censorship—but publishers are under no obligation to publish books they fear can backfire. The First Amendment says you can write what you want—not that someone must pay you for it. Nevertheless, once a contract is entered into, it can be costly to exit: Yiannopoulos is suing Simon & Schuster for breach of contract, seeking \$10 million. The publisher says in legal documents that because he never returned the first

\$80,000 delivered to him as part of a \$255,000 advance (according to court documents), he effectively expressed satisfaction and released the company from its obligation. Yiannopoulos' lawyer wrote in the lawsuit that "The statement that Yiannopoulos could retain the

\$80,000 was a transparent attempt to placate him so that he would not file the instant lawsuit."

In July, Yiannopoulos doubled down on his avid fan base, which was only drawn in by the scandal, and selfpublished his book.

#### PERSONAE NON GRATAE

After personal scandals, the Hachette imprint of Weinstein's, left, was discontinued; Yiannopoulos, center, and Halperin, right, both lost book contracts

His following was surely part of why Simon & Schuster wanted to publish him in the first place, even though the lawsuit reveals comments from an editor who seemed to find problems with some of his views. Among Mitchell Ivers' exhortations: "Throughout the book, your best points seem to be lost in a sea of self-aggrandizement and scattershot thinking," and "Unclear, unfunny, delete." Yiannopoulos says Ivers was at other times more encouraging. (Ivers did not respond to a request for comment.) "Dangerous was a New York Times best seller. Across all platforms and formats, we are closing in on 200,000 copies sold," Yiannopoulos told TIME through a spokesperson. (Publishers Weekly said the book sold 75,000 print copies.) "No amount of jealous bitching from liberals is going to change that fact."

The things that made readers protest Yiannopoulos—his bombastic statements—were entirely entwined with his manuscript. More often, a canceled author's alleged transgression has nothing to do with his book. For instance, Halperin's work (insider political reporting) is unrelated to his scandal (accusations of sexual harassment). The same is true of Deen and O'Reilly, whose subjects (cooking and history, respectively) are separate from the bad news they wrought. "If it's the subject that's causing controversy, I think it's more likely that [the book will] be picked up, but if it's something an author did," a manuscript is less likely to find a new home, Milliot says.

Another reason publishers pull the plug prepublication is that they know how books can suffer when scandal blossoms after the book is on shelves. In early November, former *Mad Men* writer Kater Gordon alleged that the show's creator, Matthew Weiner, had sexually ha-

rassed her. (He denies the claims.)
The week the news hit, Weiner had published a novel called *Heather*, the *Totality*, and was on a national book tour. He ended up canceling multiple events, and the novel had sold only 4,600 print copies as of late December, according to

NPD Bookscan.

"I think that the
Trump presidency has
changed the tone of a lot
of arguments in America
now, and I think what
was acceptable before
in this context isn't
anymore," says Maris
Kreizman, a writer who
has worked for 17 years
in a range of positions in the publishing



industry. "When I was an editor, it was widely understood that, for example, Dr. Phil allowed me to buy literary fiction. I think for a long time it was just common knowledge—largely said, even—that we do these kinds of books in order to pay for the good stuff." Up until now, publishers have been comfortable toeing a certain line—Yiannopoulos' offensive tirades were on the record before his deal went through, and O'Reilly had publicly settled a sexual-harassment case in 2004. But as the line moves and hardens, the calculation is morphing in favor of caution. "Publishers are not against courting controversy; controversy can sell," Milliot says. "But it has to be a controversy rooted in ideas and subjects more than what the author did." That means things can work out in the realm of indie presses or self-publishing for someone like Yiannopoulos, with his ravenous fringe following, but not so much for someone like Halperin, whose appeal depends upon his integrity. On all points of the political spectrum, the legacy of social media means that our nation's storytellers will no longer be guaranteed a platform if they don't conform to agreed-upon values.

But where there's a truly enormous amount of money to be made, publishers seem to find it

'Publishers are not against courting controversy. But it has to be a controversy rooted in ideas.'

JIM MILLIOT,
Publishers Weekly
editorial director

difficult to say no. Which brings us back to O'Reilly. To many in the publishing industry, his books fall in the category Kreizman describes: profitable and necessary, even if his public persona had already been unpalatable to some liberal editors. His latest, Killing England, covers the American Revolution from multiple perspectives. His entire Killing series (Killing Kennedy, Killing Reagan and others, co-authored with Martin Dugard) has sold more than 17 million copies. O'Reilly's literary agency, William Morris Entertainment, said in October that it would not represent him in future deals, though it has a "fiduciary responsibility to service the existing deals we have under contract." His publisher, Holt, did not respond to requests for comment about its future with O'Reilly, who reportedly still has at least one more *Killing* book under contract. Holt president and publisher Stephen Rubin publicly commented on O'Reilly in May, a month after a New York Times report on the allegations came out, telling the Associated Press that the imprint was "totally committed to Bill, long term ... We have created the most successful adult nonfiction franchise in recent publishing history and we are thrilled to continue it." For better or worse, it appears millions of readers agree. 

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#### **TimeOff PopChart**

The Buffalo Bills qualified for the NFL playoffs for the first time since **1999**, ending a 17-year drought.



Music producer DJ Khaled announced that he has signed up for Weight Watchers and was named a socialmedia ambassador for the weight-loss service's new Freestyle program.



A woman in India practiced yoga for over 103 hours straight to break a Guinness World Record.





Model Chrissy Teigen briefly made her Twitter and Instagram private after conspiracy theorists targeted her family's socialmedia accounts online.



#### **'Mama** is back in the office.

#### ALEXIS OHANIAN,

Reddit co-founder and husband to Serena Williams, who shared a photo of the tennis superstar signing autographs at her first match since giving birth to their daughter Alexis Olympia Ohanian Jr. in September.



Jay-Z released a star-studded music video for his song "Family Feud," directed by Ava DuVernay; the short film featured appearances from wife Beyoncé, Mindy Kaling and Michael B. Jordan.



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# 'A freak random

CARRIE UNDERWOOD, singer, revealing that she needed 40 to 50 facial stitches after falling on the stairs outside her house in November.



A Delta flight en route from Detroit to Atlanta had to turn around mid-journey to avoid a potential disaster when the pilot spotted a small bird in the cockpit.

Tween fashion retailer

Claire's recalled some

cosmetics from stores

after a Rhode Island

mom claimed that she

had discovered asbestos in her daughter's glitter makeup kit; Claire's denies the claims.



# One hope for the new year: a kinder culture

By Kristin van Ogtrop

A FEW WEEKS AGO, MY ELDEST SON, WHO IS IN HIS FIRST year teaching fourth grade in a public elementary school, decided to put a suggestion box in his classroom, though he wasn't quite sure what the box would yield. The result was not so much suggestions as appeals for kindness. From "Lots of people don't mind their own business" to "I am stressed out because everybody keeps arguing about little things," there was a classwide desire for compassion, if no clear sense of how to get it.

As a new teacher, my son is routinely surprised by things his 9-year-old students do, but more than anything he is surprised by how badly they treat one another. The children want to be on the receiving end of kindness but have trouble handing it out. On a daily basis, they are tripped up by three obstacles: lack of impulse control; thoughtlessness; and difficulty with forgiveness, or letting things go.

Because of a complicated set of factors involving fertility, a love of babies and general midlife panic, I also happen to be the mother of a son who attends elementary school, though not the one where his older brother teaches. Seeing what kindness means to young humans through the bookends of my two sons can be a mind-bending exercise, like looking in a fun-house mirror: everything is familiar, but nothing actually matches.

**KINDNESS COMES UP** a lot around this time of year. That annual quest for bettering ourselves and re-examining what it is we're all doing here peaks in January. And that well-known Henry James quote rises to the surface: "Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." I think of those words when I'm with my kids, or just being a human in our world, struggling to understand whether kindness is learned or innate, or a little bit of both.

Shortly after last year's presidential election, I bought a book called *On Kindness*. Thinking back, I'm not sure what I was looking for. A diversion? A tutorial? A reassuring intellectual pat on the shoulder to remind me that when politicians go low, I can still go high? I did get those things, but in this slim volume, authors Adam Phillips (a psychoanalyst) and Barbara Taylor (a historian) also present a tour of kindness through the ages, from the Stoics through today, which yields one surprising truth: kindness—which seems as immutable a part of the human experience as love or hate, joy or sorrow—is subject to cultural shifts, governed by the thinking and mood of the age. It turns out there are kindness trends, and I don't mean virally spread gimmicks like paying for the



person behind you in the Starbucks drive-through. Early Christians gave us the Good Samaritan as an example that kindness was what equalized and bound us together; the Victorians thought kindness was exclusively a woman's concern. Jean-Jacques Rousseau believed that caring about others was what makes us fully human; as the authors explain, "The self without sympathetic attachments is either a fiction or a lunatic." And social scientists say we evolved to be compassionate back in our hunter-gatherer days. If one member of the tribe suffers, we're all at risk, so taking care of one another is hardwired into the species.

Published back in 2009, *On Kindness* ends on something of a down note when it gets to our modern times. In our striving for success, we have become too individualistic, too selfish, loath to admit we are dependent on anyone. But Phillips and Taylor believe there is still hope in children, if we adults don't ruin them. They write, "The virtual reflex of engaged concern that children show for others, all too easily gets lost in growing up; and that this loss, when it occurs on a wide enough scale, is a cultural disaster."

Which brings me back to my eldest son. Twenty-two years old, himself a brand-new adult coming of age in an angry nation, he is all too aware of what gets lost in growing up. And so he wrestles daily with how to promote and sustain a feeling of kindness in his classroom, for these children who are our future. His students are extremely sympathetic when one of their peers is upset; they don't hesitate to yell across the room to get his attention if they see a classmate crying, even if they have caused the tears. "They are very good at comforting each other," my son recently told me. "But it's like they have to totally destroy each other first."

Van Ogtrop is the author of Just Let Me Lie Down: Necessary Terms for the Half-Insane Working Mom

# From Mad Men to Marching Women

# By Melinda Gates

YOU MAY NEVER KNOW THEIR NAMES. THEY work beneath the headlines and far from the spotlight. When they receive formal recognition from bodies like the Nobel Committee, it is the exception, not the norm. But the fact remains: under the radar, grassroots organizations led by women are quietly changing the world.

The year 2017 has been a painful reminder that when men hold most of the power it's all too easy for them to abuse it. But the moment of reckoning prompted by the "Me Too" conversation has also proven that by coming together and speaking in one voice, women can tip the balance. Thanks to these brave women, men are being held accountable for their actions as never before. It's easy to dismiss the whispers of one woman. It's much harder to ignore a movement.

This is a story that repeats itself all over the world. Women's movements have successfully campaigned for workers' rights in Pakistan, widows' rights in Ethiopia and disability rights in Indonesia. They successfully pushed for an end to Liberia's brutal civil war in 2003 and won suffrage in the U.S. back in 1920. In fact, a 2012 study, published in the American Political Science Review, looking at 70 countries over four decades found that women's movements were more effective at advancing policy change—particularly on violence against women—than most other factors, including a country's wealth and the number of women lawmakers in a legislative body. Simply put, women get things done.

Why? For one, women's movements tend to be driven by people who share a deep, personal stake in the future of their communities. When I talked to Leymah Gbowee, who helped lead the movement that brought peace to Liberia, she told me that part of their success stemmed from the fact that the women she organized weren't motivated by power or politics in the abstract—it was personal. "It was about our livelihood." Leymah says.

Not only do women's movements bring a sense of urgency to the work that they do, their deep knowledge of the customs that shape their communities offers important insight into solutions.



When development policies are set from the top down, even though they may be well-intentioned, their impact doesn't always reach everyone equally. Women's organizations help drive progress that is more inclusive and sustainable.

What makes their track record even more remarkable is that many local women's organizations are running on a median budget of just \$20,000 a year. Considering their enormous potential to make life better for all of us, I think it's time we give them a raise.

So here is my pitch: if we want to change the world, we should invest in the people who already are. In 2018 that will mean challenging ourselves to do a better job of finding and funding grassroots women's movements. Right now, less than 2% of global funding for gender issues goes to local women's organizations.

In recent years, governments like those in the Netherlands and Canada have invested significant resources in women's movements, and I hope that others will follow suit. You can be sure that Bill and I will. Over the next three years, our foundation will be investing in women's funds like Mama Cash and networks like Prospera, which provides financial support to women's funds and grassroots women's organizations in over 170 countries, spanning Africa to Asia to Latin America.

Imagine what's possible if the world decides to partner with these organizers as their allies. Imagine how much more we can accomplish if the women who are doing so much to move the world forward finally have our full support behind them.

I'm hopeful that in 2018, we'll do more than imagine that future. We'll start making it a reality.

WOMEN JOIN TOGETHER TO PROTEST SEXUAL HARASSMENT AND ASSAULT AT A RALLY IN HOLLYWOOD IN NOVEMBER 2017

Gates is a co-chair of the Bill & Melinda Gates Foundation



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